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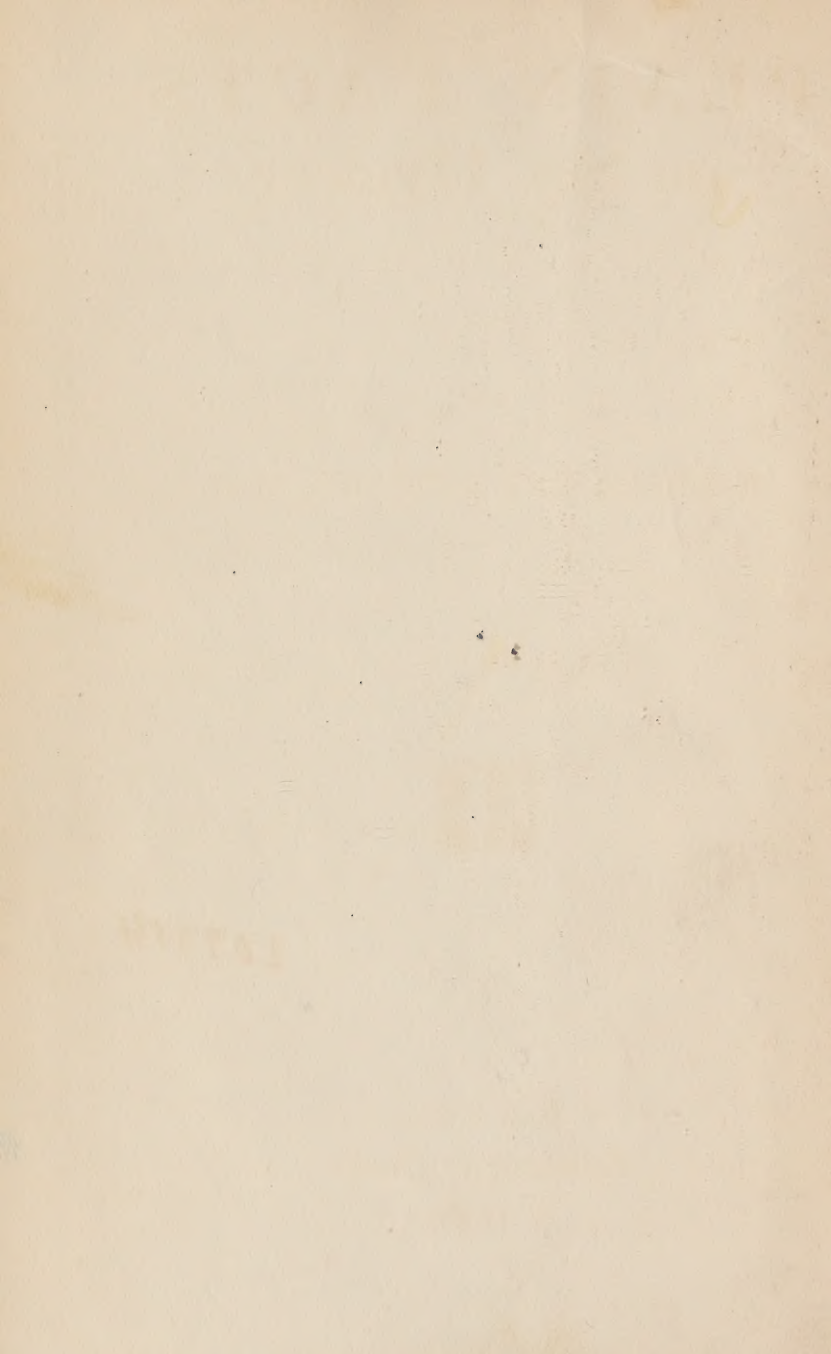
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PLAIN FACTS on Sex Hygiene

BY

WILLIAM LEE HOWARD, M.D.



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FOREWORD

FOR a man who has seen thousands of his fellow-men and those who are dear to them, suffering from physical diseases which they may pass on to an innocent wife, or child, or leaving the germs where the most unsuspecting girl or boy may become infected, there is but one thing for him to do: Speak in terms that can be understood by all old enough to read.

When a man knows the causes of ruined homes, of the thousands of little blind babies, of the birth of unfits, and knows also that these conditions are increasing at a fearful rate, his duty is to speak. While moral and educational forces are trying to solve the causes of increase of crime, alcoholism, insanity, moral perversion, and through lack of information regarding the real roots of much of the social degeneracy, are unable to check it all, then one who knows should not hesitate for fear of misunderstanding or the criticisms of the ignorant prudes.

The fearful havoc the diseases explained in this book are making among the innocent, is due to ignorance.

It is my purpose in this book to destroy forever this injurious ignorance. This is the only

way to stop the increase of the curse that is over all the land.

This desire to save the future men and women of our land is the reason, and the only reason, for this book.

WILLIAM LEE HOWARD, M.D.

MOSSFELL,

WESTBORO, MASS.

June, 1910.

PLAIN FACTS ON SEX HYGIENE

CHAPTER I

THE CONDITIONS THAT MENACE HOMES AND CHILDREN

NEARLY two thousand years ago the famous Græco-Roman doctor, Galen, wrote: "It is better to give a clear description than to fall back on miserable barbarous names, which physicians have invented with great plenty . . . the true searcher after truth must needs withdraw his attention from the nomenclature that has grown up, and fix his eyes on actual facts."

I shall follow the old physician's advice in the following pages.

The source of all the social diseases that now menace our homes and the future health of the nation, is, of course, to be found in prostitution; professional and clandestine; especially in the latter. If the diseases and their effects were confined solely to the sources; to the prostitutes and those who associate with them, it would not be necessary to advise or instruct our wives, daughters and sons—and fathers. If the brain-

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and body-destroying plague confined its ravages only to those who "follow her whose footsteps take hold on hell," the whole subject could be confined to teachers, physicians and ministers; these men to use their professional and moral influence on the men who through untrained impulses and ignorance of the dangers to themselves, rush in where the wise man fears to enter.

But even so; we should have to train and educate both teachers and ministers; for of all men these latter are the most ignorant of the REAL facts; of the indirect and hereditary effects that are the curse of venereal diseases. And strange as it may appear, not all physicians have that full knowledge of these conditions that the public has a right to expect them to possess. This deplorable fact is the cause of much avoidable misery, of the reason for so many early deaths and suicides.

The fountain source of venereal diseases has overflowed. The contaminated waters are rushing rapidly toward helpless children, to homes whose doors are open to receive the flood, into schoolhouses, and wherever its running and oozing slime can penetrate.

Hence it is necessary to cry out loud to the people that the dam has broken and the putrid waters are rushing toward them bringing disease, crime, insanity and death to those who will

not heed the warning and take means to let the plague pass on, walled in safe channels where it may be retained.

No simple warning or hints have been effective up to the present time; the curse rolls over the land throwing its mephitic breath into innocent and helpless nostrils. The real dangers have not been forcibly put before the public; if they had, many of the living deaths we daily see would have vanished, or at least, we would not have allowed these walking plagues to reproduce their leprous states and fill our asylums and hospitals to overflowing.

All venereal diseases instead of being mere temporary effects of immoral living, of accidents due to ignorance, in reality bring lifelong misery and DEATH. Yes; many deaths are directly and indirectly the effect of these diseases.

Statistics are never absolute facts under the conditions that exist in the venereal peril. They are impossible of exact verification; and as the individuals suffering from either the direct, indirect or inherited effects are secretive and lying, or else totally ignorant of the real trouble and its consequences, we can, as physicians, only give approximate figures derived from experience.

It is estimated that over EIGHT MILLIONS of people in the United States are to-day suffer-

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ing from the direct or indirect effects of venereal diseases; that in New York City there are eleven hundred and fifty thousand men and women—not to mention the little girls of five and ten years of age—carrying around the fearfully contagious germs of gonorrhea and syphilis.

If one man was found upon the streets with smallpox germs on his clothes or in his body, he would be immediately arrested and confined in a pesthouse. If two sailors land in the city with the germs of yellow fever, or a leper is discovered, the press throughout the land announces the facts in big headlines, and all the doctors and quarantine officials are on the search for their tracks.

The people have been instructed in the dangers of these contagious diseases; they know of their fearful ravages; they fear, take precautions and lock their doors against the entrance of the germs.

Yet we have hourly, daily, two diseases from one source in our land that, compared with these rare ones of yellow fever and leprosy, is a MILLION TO ONE. The great White Plague is a mere incident as compared to the GREAT BLACK PLAGUE—syphilis, and its twin sister, gonorrhea.

We do not fear to any great extent the first symptoms of consumption; we know its cause and the remedy. Through a national campaign

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of instruction and disseminating knowledge where it reaches schools, churches, homes and families, we are on the way of totally eradicating the White Plague.

By the same method of instructing the people of the land as to the contagiousness and universality of the Black Plague, its dangers can be reduced to a minimum; our children no longer be in danger of being born blind, our asylums for the mentally afflicted reduced in numbers, much crime prevented, and those sudden and early deaths of men hindered. And the many apparently unaccountable suicides of women? Yes.

The horrible and distressing operations upon innocent wives, the increasing sterility of married people can be explained and avoided, the ruin of many innocent boys and girls who come in contact with the germs scattered around them can be stopped.

It is not possible that the diseases can be driven from the land as can consumption; any such impression or idea belongs to the Utopian, the library dreamer or to the woman who is totally blind to the world as it is, always has been and in our day always will be.

The conditions that are the source of these diseases will always be with us—at least as long as man and woman are what they are—but they can be confined to those who deliber-

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ately run the risk of contracting them. Knowledge can be so widely spread that a woman will hesitate or refuse to marry a diseased man or one who has ever been diseased. The germs can be kept out of public places, from schools, from homes. Prostitution can be so regulated that it must keep its poisonous fangs in its own dens; then let him enter who will.

It has been the prevailing idea that the sources of immorality and the consequent diseases were focused in the large cities. If this were so, the problem of handling the diseases and controlling them could be readily solved. But the fact is, that it is in the country towns and villages; in the hotels employing waitresses, the summer hotels with their large number of girls out for a good time and money; in the country girls themselves, that the Black Plague spreads and gets beyond our control. Here is where much of the danger lies, because on account of the dense ignorance concerning the diseases, these girls and women do not seek medical aid until it is too late, and not until after they have infected scores of men and boys. These men and boys, being almost equally ignorant, give their money to the charlatans, quacks and druggists whose advertisements fill the pages of the country papers next to reading matter whose headline is probably, "Bible Lessons for Next Sunday."

Under such commercial and false treatment the individual is NOT—NEVER, CURED. External signs are suppressed, and if they are suppressed for three years or more the man forgets all about "his little trouble." Then he marries a pure girl. After a few years of married life, during which she has to be constantly under the care of the village doctor, she is looked upon with suspicion by all those female serpents found in every small town, the gossips, who accuse her of being unwomanly, practicing evil things and a practical advocate of "race suicide."

She is not sterile; or was not when she married; her husband is sterile, and the hidden germs which cause his sterility have invaded her reproductive organs. So she finally goes to the hospital for a mutilating operation, returns disheartened, will-less, and is finally put down as a drug victim—one of those thousands found throughout New England, where millions of bottles of "tonics and womb restorers" are sold, and which are simply sugared decoctions of alcohol, morphine, chloral or some form of cocaine.

Here is a physician's report to the Vermont State Medical Society (Dr. Wm. Warren Townsend). I give it as reported in a medical journal, with the exception of a few words which I turn into lay language. The doctor related his experience with an epidemic of

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syphilis in a Vermont village of two thousand inhabitants. He traced the epidemic to two young women who visited Burlington; while there they met some soldier boys who had returned from service in the Philippines. They accepted the attentions of many of them, and returned to their homes flushed with the enthusiasm of the good time they had had and in due course of time became flushed with the skin eruption and other signs of venereal disease. When examined they were found to be suffering from the secondary symptoms of syphilis. In other words, the poison had been allowed to penetrate their whole system, and what at first might have prevented the ruin of many boys and men and saved the girls was now a fixed, destroying scourge. Through their ignorance of the fearful contagiousness and body-eating processes of syphilis, they still went on in promiscuous intercourse. It is not to be wondered that they infected all their partners, until, as stated, syphilis became epidemic in the village.

The doctor personally had under treatment sixteen cases of syphilis, traceable to these two women, and had seen in consultation as many more; the physicians located in the village were treating a number, while others were taking advertised cures.

Of course, where there is such an epidemic,

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cases of innocently acquired syphilis are almost sure to occur. How many innocent cases will ultimately be the result, no man can tell. Here is one that the doctor reports.

A man, a husband and father, "went out with the boys," as he expressed it, and after drinking heavily—it was a temperance town—wound up a night's debauch by cohabiting with one of these women. In due time he found a little sore and went to a quack, who did not know what the real trouble was. He made a wrong diagnosis, of course misleading the man, and the harsh treatment healed up all the OUTWARD signs of disease. But about the time this false treatment was going on, mucous patches appeared in the mouth. Not much importance was attached to them by the medical(?) attendant or patient, so he had no warning of their infective character, and hence had no hesitation in kissing and fondling, as was his custom, his four-year-old baby girl, with the result that, when Dr. Townsend saw the child, it presented a typical syphilitic sore of the lip. The child had contracted a virulent disease; it will probably be ruined for life. Just what will be its future only time can show. However, its chances of developing one of the many afflictions that syphilis is accountable for, are ten to one.

As I have stated, this book does not point

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out morals or preach; it only gives facts; these will forcibly point out all the morals necessary.

It would not be necessary to go into these unpleasant details if the public had any realization of the dangerous universality of the plague. When I state that eight out of every ten young men from sixteen to thirty years of age are suffering from either the direct or indirect effects of venereal diseases, that thirty-five per cent. of these cases will bring man, wife, children or grandchildren to hospitals, asylums or early graves, it is absolutely necessary to speak plainly and convincingly.

Every woman or girl who sells or freely offers herself to man is certain to contract one of the two venereal diseases. It makes no difference whether she is a clandestine prostitute, a passionate "occasional" or a professional harlot. So sure are the wages of sin that avoidance of the punishment is not possible.

I have stated that over a million people in New York are suffering in one form or other from venereal diseases. Over two hundred thousand are syphilitic, while the balance carry around with them the germs of gonorrhea. Matters are not much better in other large cities. Under these conditions how can any home be free from the danger; how many are really free from the curse of the plague?

The curse falls more rapidly and injuriously

upon the youth and young man, for a prostitute, even though she be in that latent state of the disease that hardened old customers will escape her venomous germs, will surely infect the virgin soil of the adolescent. Every prostitute, and others, who promiscuously offers her body, suffers from chronic inflammation; and although an examination may prove negative, still she can and does infect the youth of delicate tissues.

And just here enters a fact of vital importance. She may believe that she is cured, has been discharged by her doctor as free from infection, yet so difficult is it to be positive regarding a cure in a woman, that danger always remains in her. Under even these apparently safe conditions she DOES infect the young man. Such a woman will infect many young men in a day, and of the thousands of ignorant and careless young girls who clandestinely carry on prostitution, they are up in the hundreds of thousands. These are the greatest foci of venereal infection.

The ignorant man of the street and the youth who thinks that he must "sow his wild oats," have been accustomed to look upon these diseases in a light manner. To the physician who knows and fully realizes their ultimate effects upon individual and nation, comes a feeling of horror and fear for the future. There is no escape from the plague to those who will in-

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dulge in illegitimate intercourse. At all times two out of every four available women are suffering from the activity of the virulent poisons—ALL are suffering from the effects of the diseases at all times.

The young men of to-day are not so evil as they are ignorant. Social conditions have been antagonistic to right thinking and knowledge. Even boys of fourteen years of age have opportunities in the mixed schools to become sexually aroused and start them on a career that ends up with a ruinous infection.

And who is to blame for this antisocial condition? Society; that mental and moral twist that keeps the sexes among animals separated and watched while we allow the young human animals to promiscuously mix without warning, instruction or watchfulness.

Here is a case in point: it also shows how the venereal diseases can even get into a small primary school, infect the innocent and ignorant and make of chastity and right living a mock and butt for ridicule.

Some four years ago, at the request of the editor of the *Ladies' Home Journal*, I opened this matter so that the mothers of the land could understand. It was, of course, done in a delicate manner but broad enough to be understood by those of mature and maternal minds. A few days after the article appeared

I met a man in a small New Hampshire town, who said to me: "Well, Dr. Howard, you'd better keep away from my house. The wife's got it in for you."

"What for?"

"Your article—she flung the paper into the fire and said she would no longer allow the 'nasty thing or man who wrote it, into her house.'"

Now this man had two daughters; one eight years and the other ten years of age. He admitted to me that I was right, that he had tried to talk to his wife, to get her to commence teaching the girls about their bodies, how to take care of them and make them ready for their development.

"You mean to say," I asked him, "that she will not give them their birthright—to know themselves; what woman is, what she should be; what chastity means to a girl?"

"Sure thing; she raises —— with me because I mentioned the matter. She's boss in the house. I know that it should be done. I know it—but what can I do?"

This girl is now fourteen years of age. Allowed to run around without care or instruction in sexual matters she soon picked up vicious knowledge, looked with morbid glee at the obscene pictures that older girls and boys passed around, and of course developed early. And

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this latter state without a word from her mother! By this time daughter and mother were widely apart as far as confidential relations went.

The girl gave herself freely to the boys in the school; boys and developing adolescents. But she progressed in her desires and now is a little strumpet, associating with grown men. These men are of the morally irresponsible type; coarse, vulgar, vicious. I know one of them frequents houses of prostitution. Now cannot you see that it is only a matter of days before this girl goes to school carrying a venereal disease which will progress to a fatal malady? By this time many boys will become infected; the girl will use the common drinking cup at school; some little child will drink from that cup and soon sores will appear upon her innocent lips. These will be treated as "cold sores" until the fatal disease is rotting her body, then the doctor will be called, and in his sorrowing heart he will say: "Too late, too late! Poor little child; killed, yes, worse than murdered, by the false prudery of this nation!"

Four years before this these mothers had the truths put plainly before them—they would not heed the warnings. I am pleased to say that not all mothers have been so criminally negligent. But there are millions yet to learn.

CHAPTER II

WHAT ARE THESE DISEASES?

ONE hears in academic and social circles the reiterated statement that the publicity of any matters connected with sex relations, social evils and the consequent diseases, will arouse "morbid curiosity"; therefore, such subjects should not be given any publicity. We must not mention any matters connected with sex development to our youths and young women for fear of arousing this fetish; "morbid curiosity," say the scholastics, the narrow-minded and the ignorant—for one who is not familiar with his or her own sex physiologic growth and development is ignorant.

Morbid curiosity? Nothing of the kind. There is no more natural or normal curiosity than the one to know self and how that self develops. It is the gradual moral and mental development of man or woman to want to know the truths; and these truths coming to them gradually and keeping in harmony with the physical growth, makes for health, morals and lasting reverence for God and His wonderful methods.

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Morbid curiosity is only aroused where the youth or girl has been kept in ignorance of God's laws; when they have been denied that right to know themselves which is the right of every born child; when they have been told never to peer behind the curtain where lies the open book of life; when they have been deceived, told untruths and allowed to wallow in these untruths. Keeping our sons and daughters from the real truths shunts them off to those who teach the untruths. In this method lies the origin of all morbid curiosity.

So away with this harmful fetish of "morbid curiosity," which is always a symptom of evil thinking; never of right knowledge.

There can be no evil in God's laws. Those who teach so deny the Divine power that gives us life and thought. Such statements that teaching the youths and girls of our land how they came upon earth, how immoral living is certain to bring disease, insanity to themselves and those who follow them, is wrong teaching—comes from ignorant sources. Those who object to telling our people how honeycombed this country is with venereal diseases, with the rotting germs of syphilis, the dangers to the innocent and how to avoid these dangers, are themselves saturated with morbid thoughts. Those uninformed persons who at ministerial gatherings refuse to discuss a most vital ques-

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tion to our nation are anti-social beings and a menace to health and morality. It is strange that those who stand outwardly for morality and purity steadily refuse to get at the root of this impurity and disease that is all around them. They stand forth and regret the faded flowers, the rotting fruit as it falls at their feet, and utter sighs and prayers that the youth be delivered from the curse. Yet soil their hands by digging up the roots, they will not.

The first disease that we shall consider in plain terms and with avoidance of all technical theories, is the most contagious—catching—disease known to man. It is also the most destructive to homes, families and the individual. It can KILL, maim, prevent, or rather destroy, the power of reproduction in both man and woman. It can bring a beautiful, innocent girl, possessing all the attributes for motherhood, to the sad state of sterility—makes it impossible after a few days of nuptial existence for her ever to be anything but an unsexed woman.

These are terrible facts to contemplate, and it is only lately that these real facts have been known concerning the disease GONORRHEA.

To those millions of fathers and young men who have been taught that a “case of gonorrhea was nothing worse than a cold in the head”; that it was only an inconvenient inci-

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dent of "sowing wild oats," has come the awful revelation in later life that the disease, once well implanted in their systems, remains there to strike them down at the most momentous periods of their lives. Too long have the doctors given misleading names to afflictions and the causes of death which have kept the public from knowing the real facts.

It is academically said and shouted from the pulpits, that as one sows so shall he reap. This would all be very well to impress upon our youths if it were the whole truth; but it is only partly so. He who "sows his wild oats" does not merely meet the whirlwind; it is a cyclone he meets; one that shatters and ruins his physical body and he only has the weak wreck to offer to a pure girl who herself goes down to physical ruin because these "wild oats" were sown.

Some of these facts are penetrating our young men's minds.

A short time ago I received an invitation to a young man's wedding. I knew well his whole life. His education was like most of the American boys; he had been left to pick up important knowledge from the streets and those who walk them. I also knew the girl to be a good girl, sweet, innocent and totally ignorant. It was to be a fashionable wedding; and society in the city where both lived was to attend. The night

before the wedding the young man shot himself. He had been "out with the fellows" a week before, celebrating his last days of bachelorhood. He had to consult a doctor. Fortunately for the young girl he found in his consultant a fearless and honest man. This doctor did not tell him that he must postpone the marriage; but that marriage for him at any time would be a crime. The young girl knows now; but it took the self-destruction of a man to instruct her.

Gonorrhea at first appears as a local inflammation in the sexual organs, and is, of course, contracted through illicit intercourse. It is a disease that is practically present in every woman who gives or sells her body; that is active in more than half our young men to-day, and is certain to spread until not one marriage out of fifty is free from the curse and its destructive power. In the men it is generally treated carelessly, in the women often not at all. The local symptoms suppressed, the victim goes on his or her way with the ruinous false impression that the little inflammation is all there is to it. But this is a grave error; insidiously it remains in the system and spreads to various organs in the shape of complications which go under different and misleading names—acute and chronic rheumatism, for example.

These conditions under which gonorrhea coils

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through man's tissues do not make it a "constitutional disease" like syphilis, which we shall later on consider. That is, it does not modify the tissues and the juices of the body, hence we do not really know whether man or woman can become immune to the disease through repeated inoculation; but all evidence points to the fact that every additional attack in one individual increases the dangers and supplements the prior attacks.

In this fact lies much of the danger; for a man who consorts with loose women is certain to be inoculated many times, and when he goes to the marriage bed commits the worst kind of crime. He is carrying the disease, ignorantly, of course, direct to a good and pure woman; he is placing his confiding bride on the road to the hospital where she may lie alongside one of the filthy prostitutes who assisted in bringing her there.

The man may have been pure five years before he married, but unless he has understood the facts here placed before you, had the best scientific treatment, been assured by a thorough examination of the fluids which lie back in the glands and membranes deeply situated in front of the bladder, that he is free from infectious germs, he may infect his wife and bring her to asylum or operating table. He may even remain married for several years before these

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hidden germs become active and find just the right soil in which to propagate—the clean, delicate soil of his wife.

Many, oh, so many men, suffer from a chronic gonorrhea which, showing no external signs and being benign as far as pain or discomfort is concerned, believe themselves cured and so marry. Here again, the man throws upon virgin soil dormant germs of gonorrhea which soon brings the little wife to a bed of misery and disgrace.

The cure of gonorrhea in women is difficult and always uncertain in the class which spread it. The women of this class are naturally careless; and drink, irregular habits and general dissipation prevent any systematized treatment. They are not criminals in the eyes of the law—our health laws are a farce—so cannot be held in hospitals until discharged. They are allowed to come and go at will; there is no law to hold and isolate these disease-breeding people.

But the professional prostitute of experience does try to become safe for the approach of her customers; it is her capital, her professional assets; but these assets are seldom available. It is the clandestine prostitute, the servant girl, the shopgirl whose desire for dress and ornament is greater than her desire for purity, who spread the disease so widely.

What are the complications?

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With the exceptions due to the anatomical difference of the external organs between man and woman, the complications of gonorrhea are the same in both sexes. In the man the germs enter the urinary canal at the time of intercourse. Here they will remain for eight or ten days multiplying at a rate scarcely conceivable to man's power of calculation. ONE PAIR of these microscopic germs will multiply in ten hours to about three hundred thousand. Now give them two hundred hours at the same rate, and what will the total amount to?

Like all living things harmless or poisonous, these germs must have something to nourish them. The lining of the urethral tract—the canal through which you urinate—is lined with a very delicate lining; that is, the fore part of it. It can be easily destroyed and replaced without much harm. But there is not enough of it to feed these germs of gonorrhea, and as they MUST have nourishment they go on devouring everything in the way of lining cells they can find. Down deep they go into the next layer, right into the tissues.

Everywhere in our body are cells which are kept in fighting trim to devour all outside intruders; otherwise man would never come to full growth. In those diseases which are innocently acquired, typhoid, malaria and others, all the ablest physician can do is to keep the patient

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in such a condition that the devouring germs can carry out their fight and kill off the enemy. Now, while this is true of almost all other diseases, in this one of gonorrhea the enemy is too large a host to be met with success; the protective germs are routed and the enemy goes on through its conquered territory devastating, destroying, killing.

Punishment for ignorance, for using our physical powers in a way to insult their Maker? The most fearful and lasting punitive lesson ever given to man. Yet all are not to blame; the blame rests upon those who have kept the public ignorant of the truths.

These hosts of gonorrheal poison soon become so numerous that the urethral tract cannot hold them all, and out they pour, deadly to any mucous surface or absorbent tissue they come in contact with, blinding man or babe if even ONE pair accidentally reaches the eye. For so virulent is this poison that if only one eye comes in contact with a single germ through the careless and ignorant use of public towels or linen, the inflammation will spread to the other eye, destroying the sight in twenty-four to thirty-two hours.

This outer discharge from the sex organ is, as I have said, only the excess of the germs which can find no place in the overcrowded urethra. This overflow can be made to disappear from

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sight by the use of quack medicines and drug-store treatment—yes, alas! by the false treatment of careless or ignorant physicians. The discharge “dries up,” then the pain and discomfort disappear. And right here has many a man committed the crime of infecting his wife because he did not know. Men have thought that as long as there was no discharge they were free from infection. They did not know that the outward flow was simply the OVERFLOW.

There are hundreds of thousands of cases of masked gonorrhea. For example: a man may be so constitutionally adjusted that there will be enough of the protective cells in his urethral tract to keep the multiplying germs down to an unseen quantity. He may suffer from some slight irritation, and if he is a man who has gone through one or two attacks of the acute stage, convinces himself that “all is right”—that it is nothing but “a little irritation.” Yet he is carrying the active poison where it can fatally affect his wife or bride—and it surely does. There is no escape for the innocent victim!

These are the cases that have made many men and some doctors believe in immunity after one or two attacks. Such are the conditions which bring about cruel and killing accusations of the wife’s infidelity, of the bride’s

long lost chastity; for the man, believing that he is a perfectly well man, contracts a very active case of gonorrhea directly from one upon whom he first implanted the dormant germs. In the pure woman they found nourishment and all the conditions for active propagation and simply re-entered his urethral tract. Let a man of inherent honor become aware of the real truth, then we have one of those unaccountable suicides so frequently reported in the daily papers. "Found dead in a hotel bedroom. Cause unknown; no reason can be found by his friends, for he was HAPPILY married two months ago, and had no financial trouble." So reads the account. The world-wise physician translates many of these cases of suicides to read: "Venereal infection; it was the best way out!"

If these germs of gonorrhea—gonococci—remain, or can be kept confined, to the anterior—front—portion of the urethral tract—the portion two-thirds down to the entrance of the bladder from the end of the sex organ—a complete cure is possible. If at the first symptoms of gonorrhea the victim places himself in the hands of a reputable physician, a scientific man, he may have reason to hope that all evil effects will be avoided. But even here warning is necessary, for there are many cases in which the best specialist cannot stop the encroachment

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of the disease further up the channel, into the bladder, then on to the kidneys and into the blood.

The cause of most of the evil and injurious results is that the victim does not seek proper advice until too late. Eight out of ten men go to the drug store, take some "remedy" that "cured" a friend, or dope themselves with a patent "cure." Frequently the sufferer at last lands at the out-door clinic or the reputable physician's office, injured by quack treatment to such an extent that nothing can be done for him which will make it safe for him to ever marry.

It is under these conditions that the curse increases and reaches the innocent. This false treatment has smothered the pain, "dried up" the EXTERNAL flow to small, occasional drops of little inconvenience but of terrible import. The man thinks he is cured, but meanwhile the poisonous little germs are traveling by the millions into his whole system.

Just at the neck of the bladder is a strong muscle called the shut-off muscle. Its purpose is to keep the urine in the bladder; its relaxation empties that organ. Now, as the gonococci cause inflammation and irritation wherever ONE exists, while the foolish man thinks he is nearly cured, this shut-off muscle, on account of the irritation it is subject to, allows a germ or two

to pass beyond it. Now commence all those fatal results due to gonorrhea that ten years ago were scarcely understood and that to-day are given different names, but which I hope to soon see placed where all may read and understand.

“Posterior urethritis,” a name that is euphemistically placed upon the doctors’ books, merely means that the gonorrhea has passed beyond the shut-off muscle. I say merely in the sense of wording, for in reality it is the danger point in the disease, and from this point no physician can tell just what the ultimate results will be—next month or in twenty years.

Frequently, in spite of the best treatment, the germs enter the bladder once they pass the shut-off muscle. The lining of the bladder is a tough and self-repairing material, and were the bladder a closed sack with the exception of the urinary outlet, we could here stop the further encroachment of the gonococci by thoroughly and systematically washing out the bladder with a germ-killing fluid.

But it is not a closed sack; from each side are little tubes running to the kidneys to allow the downflow of urine into the bladder. If we should succeed in washing out ten millions of the gonorrheal germs from the bladder, killing all but two, these two left in the sack are sufficient to work their way up the tubes and by the

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time they have reached the kidneys they have increased to millions.

Now commences the destruction of the kidneys. This affection of the kidneys is called "pyelitis." It is a name often used to explain why the man or woman is in the hospital; but it does not explain, it only misleads. We can have "pyelitis" due to other causes, but in a young man or woman "pyelitis" is generally, not ALWAYS, remember, nothing but gonorrhea.

Inflammation of the bladder is called "cystitis." In young men and women, or in those of active physiologic life, it is a very suspicious condition. Oh, how many mothers and wives have wondered how their sons or husbands could get "inflammation of the bladder!"

From the bladder, as I have said, the destroying germs run rapidly up to the kidneys. If only one kidney is affected it can be cut out; but even this mutilating operation is seldom successful in stopping the snake-like action of the gonococci, for soon the other kidney is being destroyed and there is no help for the dying man or woman.

Instead of rotting out the kidneys the germs may get into the blood; then the victim is practically doomed. It may not occur—I mean the symptoms—until years after the man or woman has contracted the disease. The victims may be ignorant of the fact that they have been going

through life with the disease lying dormant like a chilled snake, in their systems. Sudden shock, the momentous periods in women, slow fevers, a drunken spree, reinfection from a harlot, or simply physiologic changes, sometimes climatic changes such as going from temperate to tropical zones, will warm this dormant venereal snake, and then he sinuously makes his destructive way through nerves, brain, tissues.

A man dies suddenly from heart disease—"endocarditis," say the doctors. Yes, it is endocarditis, which simply means an inflammation of a lining of the heart. But this inflammation is due, in these cases, to the germs of gonorrhea. "He has been taken to the hospital suffering from 'arthritis'"—inflammation of the joints—read the reports or are the words of wife or parent. Again, nothing but an acute inflammation of the joints because the gonococci are having a "bully" time around these joints.

These they will often completely destroy, and then we have a cripple for life, with the chances of these germs attacking some other spot in his body—perhaps a vital spot.

It is a rather significant statement that the government makes regarding the increase of deaths from "heart diseases, kidney diseases and apoplectic shocks," for at the same time there goes on the increase of gonorrhea throughout

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the country. The understanding man here sees the cause and effect.

If a young man who has a history of "acute inflammatory rheumatism," even if it was five years ago, asks for the hand of your daughter, refuse it until you can get the TRUE cause of this "rheumatism." Don't be blinded by such terms as "arthritis," "suppurative synovitis," "myositis," or any other euphemisms—get the facts. If it is proven to your satisfaction that the cause of the "rheumatism" was gonorrhea, absolutely refuse to allow the marriage to take place. If you do not you are responsible for a crime; for bringing pain, disgrace, death to your daughter. Better kill her at once than allow her to die slowly, unsexed, despondent and cursing you for keeping her in ignorance of these diseased states of so many young men. If you parents, who have a little knowledge of these affairs, had taught what you do know to your daughters, then many a hasty marriage would be stopped; many an elopement impossible; for if the girl knew WHY you refused your consent, she would also refuse.

Gonorrheal rheumatism occurs in about one out of every eight cases.

Many middle-aged men are going to the hospital for an operation upon the prostate—these cases are increasing with the increase of gonorrhea. These men are suffering from inflamma-

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tion of the prostate glands; and the suffering is unbearable. The operation that relieves them is excision—cutting out.

The prostate glands are two in number, and lie at the base of the bladder just at its urinary outlet. Now in the acute stage of gonorrhea in the back portion of the urethral tract, there is always danger of these glands becoming attacked. The doctors call such an attack “acute inflammatory condition of the prostate,” or, “prostatitis.” When it takes another anatomical form, “follicular prostatitis.” But it is the same old thing, gonorrhea. This may go on to form abscesses. There is nothing to do for this condition but to operate. Even then it may have progressed to such an extent that blood poisoning occurs and then follows the death of the patient.

“He died from an operation, or he died from blood poisoning,” say family and friends.

This inflammation of the prostate glands may not terminate in death but in leaving the patient with a fistula—an opening—from the bladder to the rectum; a most terrible way to exist. The pus may burrow between the linings of the pelvis, and in the woman this is worse than death. Fortunately this latter complication usually does end in death.

When the poison has remained in the system for years and then demonstrates itself by at-

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tacking the prostate in the middle-aged, there is but one thing to do to relieve the intense suffering and possible dangers. This is an operation that cuts out the two prostate glands and with them THE TESTICLES. This unsexing of the man brings about mental and nervous states which are more frequently than the public realizes the causes of suicides. More often these cases of self-destruction occur before the operation, the idea of the horrible mutilation which the victim must undergo, supplemented by the severe pain and distress, being too much for mortal man to calmly contemplate.

Now we come to a great curse of the disease gonorrhea. Not because it affects the individual, but because it directly affects the future of our nation, its social fabric and continuance of the people. This curse is sterility in the man—his inability to procreate his species.

A man may be physically capable of sexual intercourse with his wife, yet be PHYSIOLOGICALLY a eunuch. That is, if the man has contracted a gonorrhea when a young man, or at any time, the poisons may have attacked, and frequently do, his procreative organs. There are little sacks near the bladder, called seminal vesicles. These run to the testicles which manufacture the life-giving fluid—the semen. The gonococci get into these vesicles, run down to

the testicles and inflame them to such an extent that their power is lost *forever*. A man may have had an attack early in life; this has taught him a lesson, and from that time until he marries he remains a continent man. Remember that he may have all the outward signs of being virile, only the fluid does NOT contain the germs of life. Under these conditions he does not know of his abasement—that he is to all purposes a eunuch, that it is impossible for him to be a parent. He is able to demonstrate what he thinks is ALL his manhood, yet he still remains childless.

Could not a physician by microscopic examination have told him? Yes; but you see he did not know these facts that I am telling you, so he had no reason to suspect or cause to take him to a scientific physician.

After a few years of married life, and he still remains childless, comes that existence of nagging on his part; of indirect insults to his poor wife. He cruelly sends her to a physician for an examination; this naturally humiliates the helpless woman. No wonder such innocent women rebel—many of them; they all should. They have the right to feel insulted. In their own hearts they feel that the fault is not THEIRS. Yet, you see, they don't know; neither does the unsexed husband; the ignorant criminal.

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What follows? Accusations, insults, the widening of the marital gulf, separation, divorce.

And over all these unfortunate wives hang wrong and cruel imputations. Poor women; thousands of them! Yes, hundreds of thousands throughout the land.

But this is not the worst feature of gonorrhea; no, not by any means. Such a woman as we have described can remarry and by her new husband become a loving and happy mother. But to reach this state she should by this time have a thorough understanding of the whole matter and refuse to marry any man who has ever had "acute rheumatism," "cystitis," been in the hospital for "inflammation of the bladder," or whose disease has been explained as "appendicitis"; for I have known young men to have been credited with having this convenient affection, who simply had the "clap"—vulgate for gonorrhea.

Such a man as this good divorced woman wants and should have may be found; but it is a long search to-day that brings one to a good woman, and when thought to have been discovered he must have some evidence better than Dr. Cook's records.

And it is not viciousness, depravity, or any motives due to innate immorality that have caused this sad state of affairs, but false prud-

ery that upholds ignorance as the standard for our youths and girls.

I have said enough about chronic and latent gonorrhea to make plain what follows; yet I will repeat some facts to be remembered. A man may contract gonorrhea and have all the local symptoms disappear. He is never troubled with any of the past signs, has let the matter slip from his mind. He may have stopped the running and inflammation by the use of some patent "dryer up," or gone to a physician who was not fully qualified to understand the disease as we know it to-day—there are unfortunately many such physicians.

Such a man honestly believes that he is free from any source of infection, and so marries a pure, confiding girl. But way down in the back portion of the urethra remain latent germs of gonorrhea which have not had the proper soil or food to keep active. They pass out with the husband's semen and, on the virgin soil of a good woman's tissues, they propagate.

Now comes the curse of this man's ignorance; of his bride's ignorance; the criminal attitude of teachers and parents in sending youths and girls out into the world unprotected by knowledge which would have saved them from disgrace and misery.

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After a few weeks of married life this little wife commences to suffer pain. Her distress she considers only incidental to her changed condition. Many have told me they thought all this pain and vaginal nagging was what they ought to suffer.

Never having had instruction from mother or teacher, always having been told that it was unwomanly to mention these subjects, she goes on suffering from gonorrhea contracted from her equally ignorant husband. Perhaps she may mention to some older and confiding friend about a slight "running of mucus." "Oh! It's only the 'whites,'" says this also ignorant friend. So the woman takes to useless douches which only blind her to the real truth. Finally the germs get into her ovaries; then comes the absolute necessity of consulting a physician. If this doctor is a wise man as to matters as they do exist, if he is medically and scientifically qualified, he soon finds out the trouble.

"You must go to the hospital for an operation," is the fatal verdict. "You have inflammation of the ovaries; they must come out if you wish to have your life saved!"

Would she, if she knew the awful truth?

Ah! how many innocent women have heard this fatal verdict!

And they do not know what is the real cause;

not many of them. Of course our divorces are a disgrace to any nation; so are most of the causes.

So this deceived woman goes to the hospital, and another unsexed woman is thrown upon our land to be the butt of unkind remarks and nasty insinuations.

But there is still another complication of this vital subject, one that too harshly brings blame upon a good woman; yes, another insult to a good wife and mother. A woman is often accused of wanting only one child. Because others do not come to her desirous lap she is accused of dreadful crimes. But again it is not her fault.

There are certain men—very few—who can impregnate their wives and not infect them. Yet these men have the latent germs of gonorrhea in their deep urethral tract. For some unaccountable reason the punishment is postponed; for after the birth of one child the germ of the poison in the husband does become active and infects the wife. Now she becomes sterile; or worse, if there remain germs confined to the external parts, or if she gives birth to another child, in passing through the outlet, its delicate eyes trying to open for the first time, meet the gonococci, and unless *immediate* precautions are taken, we have a blind baby—a blind individual for life.

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There is also another cause for the "one-child family."

A man may be faithful until domestic trials and discomforts drive the weak man reckless. He has heard of men that are apparently immune to gonorrhea; so with drink in him he commits the fatal act. On account of his wife's nursing and caring for the little one—the only one she is ever to have—his disease is unknown to her; and after he has gone on "a fishing trip," where he has probably been treating himself with some recommended "remedy," he returns with all the external proofs of his infidelity and disease suppressed. But it is only suppressed; he has "posterior urethritis," and does not know it. The wife becomes infected, thereafter childless.

I have said something about "immunity." Such cases are believed to exist; they do not exist.

The man who was never infected MAY have had the luck to escape sexual connection with infected women. This is hardly likely with the sensualist. The probability is that the man was always in so good physical condition that he could resist (throw off) the infection. Much evidence can be brought forward that such "immunity" was only a postponement of the fatal day.

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The following case reported by the late Dr. Ferdinand Valentine is an example:

G., aged sixty-five, contractor, married; father of three healthy children. Since his fifteenth year, even after his marriage, he has been a decided sensualist. For the entire fifty years, he cohabited constantly. He had been traveling for three months with a widow. One day he discovered that he had become infected. The widow said that she had had "leucorrhea" (whites) a few weeks after she had been married, ten years ago.

This case simply shows that all previous ideas concerning the infectious nature of gonorrhea were untenable. The germs had been in the woman; this man had undoubtedly been in danger hundreds of times, but on account of some unknown and unknowable constitutional state, was able to throw off the disease until he finally came to that point where all will surely come in time, if they consort with prostitutes, clandestine or otherwise; the point of being diseased.

It may be put down as an axiom that, however a man may escape gonorrhea, his immunity is only fancied, and he may fall a victim to the disease at any time; that is, if he keeps up his life of immorality.

A brilliant woman, in a long letter to me, unburdening her soul from all the misery and

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insults that have been cast at her, writes: "Seven years ago, had I read your article '(Pearson's, May, 1910) perhaps—who knows—I, an 'unsexed thing,' might have sought the oblivion you mention in this marvelous article. . . . Try to lift the 'soul from the common sod, . . . I congratulate you as a helper of womankind, and wish that we, the 'unsexed,' might help a little in the work you are putting before parents, teachers, etc. Try to be kind to the EVER INCREASING NUMBER OF THE UNSEXED."

A prominent gynecologist said recently: "I have just completed my four hundredth hysterectomy"—taking out the womb—"most of them for suppurative pelvic inflammation. I am positive that fully seventy-five per cent.—almost all of them married women—were the result of gonorrheal infection."

Some prominent specialists state that the per cent. is eighty.

Letting it remain at seventy-five, then add ten per cent. for the sterility of the husbands, and we see that nearly nine out of every ten women are childless through disease which is no fault of theirs.

Accuse our well-intentioned and pure women of race suicide?

If those who shout their accusations and insults at helpless and suffering wives would take to a systematic study of the venereal peril in

this country, they would not be so cocksure of matters about which they seem totally ignorant.

As a professional man I am well aware of certain disgusting habits and criminal acts daily occurring among a small class of married women. I know well that anti-social woman who considers motherhood degrading to her sex(?), who makes an ante-nuptial contract which provides that she shall be free from the cares of maternity, who is psychically and often physically a pervert;—a monster. I know of a few shameful things who have been purposely unsexed in order to avoid the responsibilities that God imposes upon good women; yes, I know well this class of neuters.

There are a few women in this country whose false education since they were little girls has led them into paths away from the career of woman. Such belong to the neuter sex; they have no place in the life of social progress or clean civilization. The only place for these vagrants is in a museum where all may gaze and wonder. These things are often heard shouting their theories from the rostrum; spewing their disgraceful state into the faces of the curious and their own class of deviates.

But these anti-social beings, the by-products of civilization, are few in number; very few. True, they are often heard throughout the land, but their living insult to all good women means

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nothing but the jealous yells of the sexually incomplete. In numbers they are a negligible quantity, and as their condition prevents their throwing onto the world any of their kind, their numbers will not increase.

To cry out against the hundreds of thousands of good, weeping women of the land whose sole desires are to become mothers; to accuse these of base acts, to say that the girls of our land are criminals when they become wives, is to utter false, cowardly statements and to exploit an ignorance only too well demonstrated to the suffering women who hear them.

CHAPTER III

HOW THE DISEASE IS CONTRACTED BY THE INNOCENT

SOCIAL conditions have so rapidly changed in the last two decades that no girl or woman—or child even—is now safe from the dangers of innocently contracting gonorrhea or syphilis. With this later danger we shall deal when explaining about that awful curse to mankind, syphilis. Your little baby is never without running the risk of becoming infected with the germs of these ravaging diseases.

There has been so much lately written about the avoidable blindness of thousands around us, of the poor little ones who fill our blind asylums, of the increase of this crime—a crime because the refusal to listen and learn about venereal diseases is a crime—that a few simple facts will be sufficient to show how it occurs and how it can be avoided.

So contagious are the germs of gonorrhea that if they reach the eye of the baby or adult immediate blindness will occur—total blindness for life. Yet when one has full knowledge

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of this fact he is self-protected, because with the FIRST signs of inflammation, if he seeks a reputable physician a remedy may be applied which kills the germs. But any postponement for a few hours is dangerous; the pus may have made such progress that the lenses of the eye are already affected and nothing can be done.

Most of the babies who "are born blind" reach the outer world with perfect, wondering eyes. But their mothers belong to that large class of ignorant and innocent women we have considered in the previous chapter. They do not know that in their secretions are germs of gonorrhea only waiting to pounce upon the little one's eyes. They do literally pounce, for from the moment the babes pass through the natural outlet into the world, their sight is doomed.

Take New York City as an example—and I believe that Chicago or Boston would show an equally deplorable condition—where out of every two hundred births there is one child made blind for life. And five cents' worth of a solution would have saved all this cruelty; all this life-long misery!

It has not been due to want of money, opportunities or inability to get the necessary aid for prevention, but to that injurious prudery which has prevented the doctors from instructing the public upon venereal diseases.

Statistics are not wanting for those who desire to see and learn of all the cruelty that this prudery has inflicted, but as this book is simply to instruct without bewildering the reader with figures, I purposely avoid them, and rely upon scientific facts, given in plain words. It should be sufficient for a proper realization of the sad state of affairs to state that one-third of our blind asylums could be abolished if this matter was thoroughly understood. For the American business man such facts ought to appeal to the economic side of our civilization, if it does not to the humane. But it generally does appeal to his humane instincts when the matter is properly presented, for I find that the dollar-gatherer is not inherently deaf to the cries of his fellow-men—he simply has never understood.

Besides the thousands of totally blind persons who could have been as happy in seeing God's wonders around them as you and I if their parents had possessed the knowledge which ought to be possessed by every parent, in fact or prospective, there are thousands not down in the statistics who have only one eye; many others who have only partial sight in either. Then there are those fortunate babies who die when the infection has gone through their little, tender bodies—fortunate babies!

And there are doctors, clinics, hospitals,

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where all this inhumanity might have been avoided had these sources of relief been sought.

What a lesson it would be if we could marshal the thousands of this blind army and parade it before the present generation! This army would stretch for miles,—led by the more fortunate,—silently, pathetically casting their lusterless eyes at their criminal parents and society lining the sidewalk. Their banners would have on them the heart-rending cries: “You Blinded Us for LIFE”; emblazoned on their standards should be such punishing statements as: “We Are Helpless Through Your Ignorance; Yes, Mother, You Did It; You, Father, Committed THIS Awful Crime; Will you, American people, now listen to God’s laws?”—“They enslave their children’s children, who make compromise with sin.”

And the doctors, too, have many of these blind babies, girls, boys, adults, to upbraid them. These physicians have long talked and written about *ophthalmia neonatorum*, instead of plainly telling the public and parents that it was venereal disease, gonorrhea, “bad disease,” which was the sole cause of all this avoidable blindness.

How many fathers or mothers, teachers, ministers, understood the REAL significance of *ophthalmia neonatorum*? They have been warned, told what to do for *ophthalmia neona-*

torum, but seldom has the father or mother been told plainly that one of them had the "clap." "The nurse told me my baby had 'sore eyes,'" is the sad story the doctor hears time and again.

This brings us to the law and remedy. I have said that our health laws were a farce. I should have said that their enforcement was a farce.

Most states have laws compelling the registering of every baby born with the germs of gonorrhea in its eyes—that unmeaning word to the public—*ophthalmia neonatorum*, being used wherever and whenever gonorrhea is meant. These laws also require that every midwife should have sterilized bag, cotton, instruments and a bottle of the solution of nitrate of silver. This latter is a CERTAIN preventive against gonorrheal blindness in babe or adult. BUT IT MUST BE USED IMMEDIATELY OR IT IS USELESS.

"But," you say, "how is it that there are born every day babies who become blind by gonorrhea poison, if there is such a positive remedy?"

The question can be best explained by quoting from an article in *Pearson's* for February, 1910—"Unnecessarily Blind Babies."

"Those from foreign lands who come to our careless and hospitable shores, seeking the liberty denied them across the seas, would be bet-

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ter off in some respects if they didn't find so much liberty here. They have very naturally brought with them the manners and customs of their native lands. Among these customs is the employment of midwives. . . . It is a custom that has survived the ages in Europe. But it is the law in the countries from which the custom has been imported that all women who practice midwifery be thoroughly instructed in this line of work. They must pass strict examinations; be of good character; be licensed; be registered. Their licenses are revocable at any time, and to bring their work up to the proper standards, they are practically under constant government control and supervision. The licenses are renewed annually. Frequent inspections are made of the home of the midwife, and the conditions under which she lives. Particular care is given to the inspection of all accessories that she may require in the practice of her profession.

“For the purpose of making a striking comparison, of showing how lax we are in this matter of regulating the practice of ushering children into the world, I quote now from an illuminating report made in 1906 by Miss Elizabeth Crowell, a graduate nurse of the New York Association of Neighborhood Workers. Miss Crowell examined ten thousand certificates of births and personally interviewed in their

homes, some five hundred midwives. Here is what she says:

“ ‘Classifying according to nationality, I found that out of five hundred midwives 27 per cent. were Austro-Hungarians; 25 per cent. Italians; 22 per cent. Germans; 14 per cent. Russians, and 4 per cent. were born in this country. . . . As for their bags and their equipment, from a professional standpoint by far the greater number would make fit decorations for a chamber of horrors. Rusty scissors, dirty string, a bit of cotton, a few corrosive tablets, old rags and paper, some ergot and vaseline, a gum catheter, wired, were the usual contents. Out of three hundred and three bags inspected, thirty-four only were marked as first-class.

“ ‘I was visiting one Italian midwife, whose home was the dirtiest, the condition of whose hands was indescribable, whose clothing was filthy, the condition of whose bag beggars description, when a call came to her to go at once to a confinement. Not wishing the woman to lose the case because of being there I told her to make her necessary preparations while I talked. “Oh,” she replied, “I am ready,” and throwing a shawl over her head and seizing the bag, she was off—to take the life, the future health and well-being of a mother and child in her keeping.’

“ Again, foreign trained midwives who

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brought out the usual dirty bag for inspection would have stowed away on the top of a wardrobe, behind the stove, or under the bed, a most complete, compact, convenient portable sterilizer WHICH THEY HAD PURCHASED AT HOME, AND WHICH THE LAW THERE HAD COMPELLED THEM TO USE. WHEN ASKED THE REASON FOR NOT USING IT HERE, THE INVARIABLE REPLY WAS, 'IT IS NOT NECESSARY, NOBODY CARES WHAT WE USE.' "

In talking so much about the "melting pot" of America, we should take into careful consideration the slag and scum that are always to be found upon the top of every melting pot.

If all the trouble came from this slag of our "melting pot," it would not be so difficult to regulate; but the greatest trouble lies with our own people—the ignorant, the prudish, the hard-shelled Puritan. Take a New England "nurse" who has been existing with the same knowledge that she received from the village school and absorbed at the "Sewing Circles"—the kind who are known as "natural nurses"—and in her you will find the greatest enemy to the prevention of blindness in the new-born.

For the sake of peace and practice the old country doctor has let her have her own way. Then, in his time there was little gonorrhea among the country lads and married men. She has absolutely refused to take the hints from

the young village doctor; she practically runs all the birth cases for miles around. To tell her that it is ABSOLUTELY necessary to use the mild solution of nitrate of silver in *every* obstetrical case, is to put yourself out of the running. Explain to her and up go her unclean hands in horror. "What, in OUR community? No, sir; you've made a great mistake. Such diseases are never mentioned, seen, or known around here—I have never heard of such an insult in all my nursing—and I have brought into this world hundreds of babies!"

"How about Mr. —, the blind organist at the Congregational Church?"

"He? Oh, well; he got inflammation of the eyes from catching cold. I told them not to get soap into his eyes—they washed him with cold water—I know they did."

What can you do with such hide-bound stupidity and ignorance? Nothing but to have the laws carried out—enforced to the limit. But they are not enforced and will not be until every woman in the land knows why they should be enforced.

Such menaces to the future children should not be allowed to longer exist. These unlicensed women of the country should be prevented from "nursing"; the licensed ones should be held strictly to the demands of the law. Take the case of this woman in the coun-

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try village. She attends a young woman whose husband has gone, as a youth, to the "White Cities" which border all country towns. Or perhaps he has gone to one of the numerous "Coney Islands." Then he goes to the quack, or to the drug store. His is one of the "dried up" cases of gonorrhea. The germs are deposited on the pure soil of his wife, where they lie in wait for the eyes of the helpless babe. The old nurse takes no precautions, she does not know; the pus burrows into the little eyes, and when the doctor is called it is too late—the innocent little one is blind for life.

These cases are occurring every day—they are on the increase.

The solution used to prevent this blindness is one of silver nitrate—1 per cent. It should NEVER be applied except by one trained to its use. Five cents' worth will save the sight of a human being.

UNDER THE CONDITIONS THAT EXIST TO-DAY EVERY CHILD BORN, WHETHER IN PALACE OR TENEMENT, SHOULD HAVE THIS PROTECTIVE METHOD APPLIED. NEGLECT OF THIS IMPORTANT MATTER MAKES CRIMINALS OF THOSE RESPONSIBLE FOR THE NEGLECT. This solution is harmless to unaffected eyes.

Don't forget these facts.

I find great difficulty in getting good women and many men to place clearly in their minds

the important distinction between syphilis and gonorrhea. This confusion arises from the similarity of the means of infection, from the fact that the innocent may become victims through contact with cloths, toilets, domestic utensils, etc.,—contract either disease, syphilis or gonorrhea. Keep these facts always in your mind and the distinction between the two plagues will be plain to you: Syphilis, once contracted, becomes a constitutional disease, and the disease and all its horrible results can be passed on to your children. It is the cause of insanity and crime. It is caught under the same conditions as gonorrhea.

Gonorrhea is not a constitutional disease, and cannot be passed on to your children. What follows in this chapter refers to gonorrhea only.

Gonorrhea germs may remain on linen, towels or anything that comes in contact with the seat of the inflammation. This is almost invariably the sexual organs, its principal exception being when the pus is running from the destroyed eyes. Here is an example that came under my personal observation:

M., a young widow whose girlhood had been passed under the most favorable conditions. She finished school as ignorant of the dangers confronting one who goes out into the world as are most American girls. She married a good, clean man and never had cause to learn

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from him about the dangers lying around public places. He died after she had been married four years, leaving her penniless, and with a child three years old. Bravely she went out to earn a living for herself and child. She possessed pluck, health, chastity and all the other attributes of a good woman and mother—all but one; the knowledge that would have protected her and her child from a fearful calamity. She secured a position as a housekeeper in a second-class hotel. Here she had to handle towels, linen, sheets, and all the other articles that a housekeeper comes in contact with during her daily duties.

One day I was called to see her stretched on a bed, with pus-swollen eyes, crying from the lancinating pains, feverish, frightened. There was no possible help for her; it was too late, her eyes had already been destroyed. Two days before I was called in to see her she had felt a little inflammation, and not having THE SLIGHTEST IDEA OF WHAT THE TROUBLE WAS, kept wiping the gonorrhea pus away with a handkerchief.

Of course the child slept with its mother. It is simply a matter of unknown detail just how the pus was transferred to the child's eyes; but it was, because on this day the pus was penetrating the tissues, and the lenses could not be saved.

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Mother and child blind for life! And this mother had been sent out into the world with a high school diploma: "Educated"! Oh, it is pitiable, pitiable; it makes the physician's blood boil to write or think of these thousands of cases that could have been saved had our parents, teachers, ministers, done their duty!

Now comes the difference between gonorrhea and syphilis, which I shall have to occasionally mention as the cases are described. The infection mother and child had been blinded by does not get into the system as a rule. Treatment prevented any further encroachment of the germs. It is only the direct destroying properties of these germs upon the spots they attack, that is the injury gonorrhea does. Only, I say? Yes; God knows, it is fearful enough upon the individual, but it cannot be transferred to another generation, is NOT constitutional, and does not enter into the blood except through an accident.

By an accident I refer to those conditions explained in the previous chapter, where the pus reaches the tissues of the kidneys, burrows under the lining of the pelvis and causes blood poisoning. These are accidents, because if taken in time such conditions may almost always be avoided. But with syphilis it is vastly different; it is a disease that unless

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early recognized, gets beyond us; goes into the whole system and hides for months and years, its presence unknown until it shows itself AFTER it has destroyed bone, nerves, brain. It can remain in the system even after a course of "treatment," and the victim has been assured by careless physicians or quacks that he is "cured," only to show itself in future generations.

To give a list of articles upon which the germs of gonorrhea may be deposited, would be to give a list of every article of domestic and public use with which the sex organs are liable to come in contact; even the hands of the unclean and the ignorant may transfer the germs to towels and sheets. For these reasons the slightest suspicious inflammation of the eyes, lips or sex organs should have at once the immediate attention of a physician.

As this country has not yet reached that point of civilization where there are public lavatories in convenient places in charge of those who can sterilize the toilets, the greatest danger to the innocent is in the railway station toilets—veritable plague spots—the factory closets and those in the big apartment shops, which are used every day by many who carry the germs of venereal diseases on their bodies or linen. Public bathing suits at the cheap and mobbish places are always a menace; hired

theatrical costumes, the public baths in still waters, the common bathtub found in country hotels and elsewhere.

Before Germany placed its strong legal hand upon the regulations controlling venereal diseases, there was an epidemic of gonorrhea among the children of Posen. In two weeks 236 children contracted the disease, which was finally traced to the use of the public bath. Someone had infected the pool. Probably a child.

I have seen many children of five years and younger, who were suffering from acute attacks of gonorrhea. Let such an infected child use the infants' toilets and YOUR little one may possibly have the germs eating away its sensitive bowels or running up to its inner sexual parts where permanent injury is the result. The way these little ones contract the disease is always uncertain; but usually it is through sleeping with a parent who has the active disease, and leaves germs upon the sheets or towels, sometimes by placing it upon public toilets used by the crowd, sometimes by—— Yes; lots of them, horrible as it is to contemplate. And the common house sponge that is used by the mother and then upon the child! Burn it up.

While the nervous system and the brain are seldom affected by the germs of gonorrhea, they

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are affected by their by-products—the poisons they manufacture while in the human system.

Chronic gonorrhea is almost impossible to cure. The germs may not be so active that the patient ever troubles about the almost forgotten attack, but nevertheless they are at work upon the affected individual. The poisons these dormant germs throw off saturates the whole system. The man's condition of health, his habits, determine to what extent they will affect him. But that they do affect him through his nervous system or brain, is undoubted. Just HOW we do not clearly know.

The result is usually seen in a peculiar form of neurasthenia—nerve exhaustion. When we have a clear history of past attacks of gonorrhea and the patient is suffering from psychic restlessness, lack of mental application, inability to handle himself morally, physically and mentally, the problem is to get the gonorrheal poisons out of his system. This done, and it is not always possible, we may bring the patient around to a fair condition of health. But NEVER back to the health he was by birth entitled to. The stamp of his carelessness or immorality is certain to remain always with him. Where he has been wrongly treated and advised from the start, and the gonorrhea only outwardly suppressed, every cogwheel of his human machine is clogged with obstructive ma-

terial—the poisons thrown off by the germs of gonorrhea, not the germs themselves. Under these conditions a cure is almost impossible. Many of the cases of “nervous breakdowns” which go from doctor to doctor, from sanitariums to hospitals, are these cases, and this is one reason why doctors are unjustly blamed for not curing all “nervous troubles.”

Can gonorrhea be cured, and can the patient be sure he is cured?

Dr. Robert Willson, of the University of Pennsylvania, in his talks to the students, answers these questions in the following words: “To the first question probably ‘yes,’ and to the second certainly ‘no.’ All admit that many cases are not cured, owing to one reason and another. Every year brings forward new instances of old, supposedly cured infection relighted by disease, debility, or debauch. . . . Frank, in Germany, has shown that the gonococcus may remain quiescent in the prostate gland for years. No symptoms remain, yet the disease may be relighted and others be infected. . . .”

I merely quote these authorities to substantiate what we have already gone over. One or two more may help to fix in your memory the terrible “snakiness” of the disease gonorrhea.

Köppen cites many cases in which all symptoms had disappeared, and yet the disease re-

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mained latent. In regard to one of these he says: "Not one sign was left of a previous gonorrhea." Six years later there was an irritation in the urethra, and he obtained gonococci from the urinary canal. In another case none of the germs of gonorrhea had ever been discovered in the discharge, though the clinical picture was complete. Six years after he found gonococci in the urethra. He concludes his article with the statement: "Gonococci can exist for years in the organism, as proved by numberless cases." A case has recently been reported in this country in which a man infected his own eyes with gonorrhea after six years, during which the disease appeared to be cured. At the same time all his joints became involved, as well as the tendon sheaths of one foot. The gonococci were obtained from the discharges of the eye, proving the real nature of the infection.

CHAPTER IV

SYPHILIS: ITS CONTAGIOUSNESS. ITS DANGER TO YOU

THERE was held in Boston last year a large exhibition, showing the progress made in sanitary science—housings, plumbing, drainage, and in fact all that goes to make for better physical health. There were appliances for the protection of workmen in dangerous callings; exhibits of broken machinery, pipes, cables, etc., whose weak parts or the strain put upon them had caused accidents and killed or injured men and women.

There were scores of little protective arrangements for the girls or women who operated machines, reprints of laws hung on the walls; big-lettered placards for working girls and women to read. These laws stated how men and women, girls and boys, would be compensated for injuries due to faulty machinery or neglect of employers. Then there were bacteriological charts and samples of bacteria, showing the causes of typhoid, scarlet fever, consumption, etc. Also there were the outdoor camps for

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the tubercular patients; apparatus for allowing the patients, the little ones, to sleep out of doors even in the city, on the fire escapes—window tents; and a mass of literature telling how to prevent the catching of consumption and how to live and what to do should the first symptoms of the White Plague make their presence known.

All, all these great improvements for better health and protection from injuries, but not one word, exhibit, or even hint of the great Black Plague, which has ten victims to-day in the United States to one of the White Plague's. And the White Plague only kills; the Black one maims, causes insanity and crime; reaches into the family from grandfather to little grandchild.

And what was the purpose, the reason, for this exposition? Instruction for the masses; to give the public that proper knowledge which makes for safety of individual, home, community.

Yes, surely; but what a typical example of that ostrich-like attitude of thinking that by hiding the head, the body of this national pollution can also be buried out of sight.

Here was a machine used by thousands of girls and women in shoe shops which had an appliance for the prevention of cutting off hands or fingers. Here was another to keep dust

out of their eyes; another to prevent getting their skirts caught in belting, rotating wheels or some other machinery. Then the neat kitchens, kitchenettes, and full instructions how to keep poisonous germs out of food and utensils. Booklets giving instruction about First Aid to the Injured and little pocket-packets of cotton and bandages. But not even a hint to the women and girls what to do in cases of suspicious sores upon lips, in the mouth or at the base of nails, and what these sores might really be, and the absolute necessity of seeking medical advice upon the FIRST appearance of these sores.

What a farce the whole affair was to the physician! The methods of preventing consumption were excellent, as far as they went; but of what value is all this to the girl or woman who, having the first symptoms of consumption, does not know the dangers that are ALWAYS around her in the shop and all public places, from the germs of syphilis, for nothing is so helpful in aiding mild cases of tuberculosis to jump into galloping strides, as syphilis.

Syphilis in the system attracts the germs of consumption. Consumption in the individual produces such a lowering of the vitality that once syphilitic germs get on to cracked lips from drinking out of a public cup, or otherwise, they go through that person to destruction.

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But this destruction of a pure and innocent girl would not happen if she had been well informed of the dangers and ways of syphilis. And at this exposition for the preservation of health and body, not a word or exhibit of this fearfully contagious disease—syphilis.

We have been drunk; maudlin drunk, with prudery. And like all maudlin drunkards we are suffering from the effects.

During no period of civilization has there been the great necessity for instruction upon venereal diseases that the present time demands. The reason is on account of the great increase in the army of women and girls who have to go out into the world as bread-winners. These girls and women have to mix with every kind of man and manners—with everything in the outer world of strife and sin. The chaste and innocent girl and youth are liable to contract syphilis at any time; that is, if they are kept in ignorance of the actual dangers all around them.

As we have seen, gonorrhea is almost entirely a sexual disease. That is, with the exceptions of getting the germs into the eyes of babies and adults and the chances of the children coming in contact with the germs that have come directly from the sex organs, it is caught from sexual contact. In other words, it is seldom, if ever, indirectly contracted like syphilis.

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This latter fearful scourge can go through a score of individuals, its original source coming from a pure woman or girl. That is its original source in cases of an epidemic. For example: A girl may innocently allow a youth to kiss her. This youth has a syphilitic ulcer in his throat which he innocently contracted from drinking out of the common cup of the shop, upon the edges of which syphilitic germs had been deposited by a previous drinker.

Now, whether this previous user of the cup was suffering from the secondary symptoms of syphilis which was going through his body, from catching the disease in illicit intercourse, or was himself an innocent victim, would not be known—there might have been many who aided in depositing the germs. It makes no difference about the details, the deposited germs have reached the innocent victims.

These should never be treated as evil or vile persons, but as individuals who are really ill from innocent causes. They are as guiltless as those who contract typhoid fever, or smallpox, nevertheless they are suffering from the most insidious and destructive disease known to mankind.

Ignorance of what the first sore means is the cause of all the ruin and havoc that follows; for right here is the important point in syphilis: If these sores are suspected of being syphilitic,

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immediate attention by a physician who understands these diseases thoroughly, may, and generally does, cure the patient after a course of treatment lasting three or more years. But it is not until the disease has saturated the whole system that these innocent victims are compelled to go to the doctor; then the cure is always uncertain and the individual is never as he or she might have been.

I have stated that the real germ of syphilis was not known for a certainty. As this book is not a medical one in the strict meaning of that term, I purposely avoid all discussions of provisional theories or working hypotheses. However, it may interest the reader to learn what we do know about the germ of syphilis.

About five years ago—you see all these studies are very recent—two German scientists, Schaudin and Hoffmann, found in the scrapings from syphilitic glands and other organs, “A pale spirally twisted microbe” (*spirocheta pallida*). Investigation by bacteriologists, and syphilologists all over the civilized world, sustained the discovery. But one thing remains to prove that this microbe is THE microbe of syphilis. That is the cultivation of it upon an artificial medium, then its inoculation in a pure state upon man or animal. This has not yet been done; at least not to a positive state,

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though reports from Paris lead us to believe that the proof is almost ready.*

Syphilis is first contracted by filthy and illicit intercourse. After a period varying from five days to as many weeks, depending upon the virulency of the disease and personal idiosyncrasy, there appears on the sex organ a peculiar sore called a chancre. This is located on the genital mucous membranes of either sex. This grows from a red pimple to an ugly-looking ulcer about the size of a ten-cent piece. It is a single ulcer, although sometimes this single ulcer breaks into one or more smaller ones situated alongside the parent sore. Unlike the pus of gonorrhea this first sign of the disease gives out a watery discharge, which does not irritate or produce sores wherever it locates. But of course the sore itself will pour out the germs in intercourse. Any attempt of the layman to make a diagnosis himself is a grave error and will lead to harmful results; perhaps put him beyond a cure. Hence I shall not describe any of the medical signs. Only remember that this sore may take on many different outward signs, but at the bottom, which is hard, it is always the same; a first symptom that you have contracted syphilis, and then is the time to RUSH at once to a reputable specialist.

* Since the above was written the theory is almost positive that the *spirocheta pallida* is the germ of syphilis.

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Not the advertising quack or charlatan; these will ruin you body, soul, and pocket-book.

Alas! how many do go at once to the proper physician? Not many, and hence the awful ravages this disease is making in our land. If you have cause to know that there is a possibility of its being a chancre, don't wait a moment. Without any treatment this sore may heal; but meanwhile the poison has gone through your system and commenced to do its devilish work. There may be a slight swelling of the groin. This swelling also soon subsides; there is no breaking down into a vile-smelling abscess as is the case with chancroid.

What is a chancroid?

A chancroid is a local sore on the sex organ, caught from intercourse. It is purely a local sore. It has no relation to syphilis. But it is by no means a harmless sore or boil, for if not treated it will eat away the organ or perhaps the pus will burrow under the sheaths of muscles and tissues in the groin, when the swelling becomes great, the pain intense, and unless operated upon the burrowing may go on until it reaches the big veins and arteries in the groin, when bleeding to death will be the result. These swellings are called buboes; by the laity, "blue balls."

To get back to syphilis: Chancre, syphilis, pox, are all the same thing. If the victim has

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been totally ignorant or careless in the matter of the first little pimple and attempted to heal it with some "wash," and upon its own course it has gone to a mere scar—which will in time disappear—he is soon to find himself fast in the grip of the vile disease.

He first discovers that the glands in the neck, just under the ears, are swollen and tender, also those under the arms and in the groin. These little glands have caught up the poison and commence to distribute it to the uttermost parts of the body.

Now the victim is diseased throughout. Nature has not been altogether cruel and deceiving, for it gave the individual ample warning **AT FIRST**. But if this warning has been unheeded the disease goes directly toward its punishment of man—guiltless or guilty. Are we guiltless when we refuse to inform ourselves and those belonging to us, concerning this grave matter? I think not, and the laws of nature demonstrate this truth, for the disease goes through the body, but it waits until it has saturated this body before it pokes its noxious fangs outward once more.

Then a peculiar rash breaks out on the body. Sometimes it appears first upon the arms, then about the thighs, forehead, abdomen; or it may break out all over the body at once. "Measles," sometimes thinks the igno-

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rant mother, and attempts to treat accordingly and by the old women's advice; of course in the innocently acquired cases.

This skin outbreak gives no indication of the severity of the disease. The state of health, personal idiosyncrasy, age, method of living, environments, are all factors that determine its future course. If the afflicted one has a tendency toward tuberculosis it is a bad sign. One or both diseases may be aggravated. In fact, consumption always makes the outcome under the best treatment a serious matter. A person who contracts tuberculosis upon a system poisoned by syphilis, is doomed.

Here we can see that for a complete solution of the Great White Plague we must also have one for the Great Black Plague. This fact has been neglected or unknown among those good and sacrificing individuals who give their time and money for the suppression of consumption. As long as syphilis is allowed to go its way among our people, any attempt to stamp out consumption is futile, useless and unscientific.

About the time the rash breaks out the patient feels ill, has a slight fever, sometimes pains in the bones. But the fearful, diagnostic pains in the bones generally accompany the third and finishing stage of this leprous disease. As the rash disappears there follow those contagious

ulcers in the throat *that secrete active syphilitic poison*. But don't forget the fact that the skin eruption may be so mild as to be unnoticed; that these contagious, fearfully contagious ulcers, may make their appearance before or without any skin eruption. It is very important to keep this fact in mind.

When the ulcers have appeared the case is a walking menace to everything the lips touch; drinking cups or glasses, pipes, knives, forks; those nasty, syphilitic breeding things, the bar towels; yes, and even the napkins at the family table, or worse, those promiscuous ones at boarding houses.

A person having these contagious ulcers should be at once isolated. One kiss to mother or sister, sweetheart, to the little baby, and you have inoculated these precious ones with the awful—that's right, awful—disease.

Perhaps your sister has touched a sore upon your lips with her finger, to try and soothe your pain, or to wipe away the secretion. A tiny sore appears upon that finger which is only considered a "hang-nail." She goes to the manicure, the orange stick picks up the virus and the next person, some other innocent girl perhaps, comes in, and has the virus placed under the tender part of her nail. Another syphilitic is started on her rounds.

And here is where the great evil comes in:

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These ignorant victims do not reach the doctor until the poison has gone through their systems, because these little chancres on the fingers or lips have been considered of little importance, and as they soon heal up, no notice is taken of them.

And the hospitals, sanitariums and homes are filled with thousands of women suffering "from nervous breakdown," drug habits, consumption, insanity, hysteria, suicidal tendencies, abscesses, tumors of the brain! Not all syphilitic, of course, but I believe the greater part of them are.

Much of the increase of insanity and crime, of pauperism, I believe, is traceable to syphilis in its hidden and hereditary form. Under these states it has gone through whole families under false colors, wrong diagnoses. Many times in the origin of the trouble the doctor has not been consulted. You find a daughter or son whose mental growth has been stunted, you find cripples and idiots in many families throughout New England.

"Yes; my Willie is better off at the asylum," says the mother. "He has never been the same since he had diphtheria; his throat was always breaking out in sores. We never could keep him at school; finally he used to have such fits of temper that we had to send him away." Or we hear another mother say: "Mary never has

been the same since she had the 'measles'; it seemed to go through her whole system. No; she cannot do much; she is not quite right in the head."

Oh, how many times the observing physician sees and hears of these sad cases.

Any physician who has been connected with the large public institutions and hospitals in the cities knows full well the thousands of syphilitic tramps and their ilk, who are carrying the active germs of this contagion around the country. They start out on the roads in the spring and scatter throughout the East. And there are no laws by which we may isolate them!

These tramps, hoboës and delinquents, are frequently in the third stage of syphilis; ulcers, abscesses and all the other beastly states of the last stage of the disease which we will not go into further. Most all of them are in one or the other stage of syphilis. In many are the ulcers which breed the disease and carry death. Their dirty throats and lips are constantly secreting poison. Out into the country they all go; this army of syphilis carriers. One comes to a farmhouse, around which are boys and girls playing. He asks for a drink of water. Down goes the bucket, and after he has touched his lips to it he leaves the horrible germs. It may be a glass by the roadside spring, or the farmer's wife, taking pity, offers him a glass

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of milk, and the next person, perhaps a baby, visiting, becomes inoculated. Simple rinsing of the glass afterwards will not kill the germs; nothing but sterilizing; and you do not find an apparatus for that purpose in farmers' kitchens.

If a man came through that same country with the germs of typhoid in a culture tube, and at every well dropped a few of these germs into the water, how long do you think he would live after being discovered?

A few miles from where I am writing a horse affected with glanders drank out of the public watering trough. As soon as the fact was known the trough was emptied and closed. The community was warned; the horse found and shot. On the same day I saw syphilis carriers—hoboes—with sore lips, stop at a farmhouse and drink out of a pail which was then dipped into the spring for water to use in the house. I went as rapidly as I could to that house and smashed the pail. Then I tried to explain; but when I got down to the real facts of the cause of the disease the woman slammed the door in my face.

Much joking and levity has been made out of the statement by doctors that kissing should be abolished on account of the danger of spreading disease. Here again is demonstrated our ignorance and the prudery that sustains this ignorance. The doctors have tried to explain

what they mean; to be explicit; but not until the last year or so would any paper or magazine mention the real facts.

Kissing is a great danger; next to sexual intercourse with the diseased ones—and they are all that who sell their favors—the greatest danger to be met with in the spread of venereal disease. When the statement is made that there are literally millions of men and women going around with the germs of syphilis in their systems, you will realize that there are hundreds of thousands actively spreading the disease through kissing their loved ones; and murdering them at the same time. It is worse than murder, as we shall see when dealing with the effects of delay in seeking thorough treatment and the hereditary conditions which arise from ignorance of the real trouble.

When a child is born who has DIRECTLY contracted syphilis, kissing is as fatal as are other conditions arising from its care.

The following example of what I mean was reported to the American Medical Association, by Dr. W. T. Watson of Baltimore:

A foundling which was only a few weeks old and was known to be born of a prostitute, was given out to nurse, to a Mrs. M., a poor but virtuous woman. She was the wife of a mechanic, and had a nine-year-old daughter. She was not warned of any danger of the infant's

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developing syphilis and communicating it to her and her family. She was merely offered the sum of forty cents a day for nursing the infant. Some weeks later the child developed signs of syphilis. Mrs. M. was, of course, infected, a chancre appearing upon her nipple. Her daughter also became infected, a chancre appearing on her lip from kissing the baby. When the poor woman at last realized the terrible nature of the disease which was afflicting her, she was overcome with shame and grief, mixed with fear lest her husband should also get the loathsome disease. She feels obliged, in fact, is compelled, to avoid all contact with her husband for years. It is no exaggeration to say that this inhuman action has destroyed the home and happiness of this innocent family. And similar cases have occurred in foundling asylums in New York and elsewhere. (Quoted from Dr. W. L. Holt's article.)

Are we a CIVILIZED nation?

Like the leper, the syphilitic should be an outcast until he has a clean bill of health.

Can he get one? Yes, when these matters are thoroughly understood and upon the first signs of ANY unaccountable sore he gets immediate scientific treatment. Not otherwise in my opinion, although a few others differ from me.

The last and rotting stage of syphilis, known as the tertiary stage, always follows

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in the course of the disease, if it has not been under the best of treatment. It will occur in a few cases even after long treatment. But it is probable that the reason the disease has gone along to this horrible end, even when the patient has been in charge of the physician, is due to his or her neglect of the advice as to right living.

Unfortunately many do not fully realize or have not had forcibly impressed upon them, the ABSOLUTE necessity of living a perfect physiologic life. Smoking and drinking must stop; simple food, avoidance of physical or sexual excitement, regular habits as to eating and sleeping—in fact, a return to the simple life of a ten-year-old boy. No treatment is possible that will result in a cure unless these habits of life are rigorously followed. Smoking and drinking are antagonistic to any treatment. The use of pipe or cigars, tobacco in any form, irritates the mucous membranes of the throat and will cause a recurrence of the syphilitic ulcers in the throat and mouth. Under such conditions a pipe, even after thorough washing, is a menace to anyone who smokes it.

It is the general impression among the laity that syphilis is incurable. It is curable under certain conditions. But that there are hundreds of thousands of cases which are not cured after systematic treatment, is true. The reason may

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usually be found in the fact that in habits of living the diseased would not or could not follow full directions. Then again, after a year or so of treatment all symptoms of the curse have disappeared—apparently—and the patient becomes careless and blinded with the idea that he is all right.

Especially is this so when the victim has gone to the doctor upon the first signs—the chancre—and by treatment has had all of the distressing outward signs suppressed. Here lies the danger unless the public can have all the facts plainly before them.

Patients are not safe from the outbreak of the secondary or third stage until after they have been scientifically treated for at least three years—five years' treatment is preferable. We can then, under the most favorable conditions, give a provisional bill of health. This is a totally different state of affairs than we find in gonorrhea, for in this latter disease no physician can give a positive statement even after TWENTY years have passed since the infection was contracted.

While I make the statement that syphilis is curable, it is always made with the proviso that the infected one has gone at once to the doctor upon the appearance of a chancre on the sex organ. In these latter cases there is almost always the probability of the patient seeking

medical counsel—for these victims know something about the sore, what it is, its origin, and what it all means.

But not so the innocent and ignorant, and for this reason, if for no other, this book is justified in being brought into the family.

When the third stage of syphilis makes its appearance, which is from two to five years after the first period of inoculation, if the treatment has not been carefully followed, the whole body has been affected. Not infrequently this third stage may be postponed until middle life or later; but when it does show itself under these conditions, nothing can be done; that is, nothing in the way of a permanent cure.

It would be only to give an anatomical list of all the organs in the body to state where the syphilitic poison penetrates.

When there has been no regular and efficient treatment; when the habits of living have been filthy and immoral, the third stage is simply one of thorough physical rottenness. The nails rot off, the nose is eaten away, the face and body are covered with nasty sores and scabs. There is a peculiar disease of the eyes known as iritis that accompanies or precedes these repulsive sights.

We shall leave these patients right here, for the paupers' graves will soon cover what is left of them.

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But take the case of the man who thinks he is cured, and who has been careless in his living and neglected the advice of his medical counsel. He has had no symptoms since the ulcers in the throat disappeared some twenty years back; but, meanwhile, unknown to him, his vital organs have become affected by the slow, continuous actions of the corroding virus. They have been bringing the man gradually to a certain death. The doctors have told him to let alcohol and highly stimulating food pass by untouched. He has probably laughed at them; he did not fully understand the reasons. He is too busy to listen to long lectures or explanations; he sometimes thinks the doctor is a grafter and only wants to keep him under control for what there is in it. Such an attitude is an injustice to any reputable physician; many feel the undercurrent of this feeling and hence do not press the patient to keep under monthly or bi-monthly examinations as all should during the first five years of treatment, and at least once a year throughout the rest of the patient's life. But such care is seldom taken; the patient goes on his own way, neglectful and often forgetful of the fact that there MAY be enough syphilitic virus in his system to cause a steady action somewhere hidden in his body. There generally is in these careless cases. Such conditions are the causes of sudden deaths from

“heart disease,” and of brain and nervous affections, which end in insanity, dipsomania and crime.

The organ most frequently attacked, or at least, the one to show its diseased condition most frequently, is the liver. All the blood that goes through the intestines and stomach has to pass through the liver to leave its natural poisons. The liver is the clearing sewer of the human body. Unless all its minute cells are in perfect condition it cannot perform its work. The connective tissue must be pliable and always ready to adjust itself to the engorgement of the liver—to squeeze out the poisons deposited by the blood. In good health all this work goes on without notice of the functioning coming to the mind.

Syphilitic poison has a great affinity for the inner coating of the blood vessels. The liver is a network of tiny blood vessels necessary to allow of the great distribution of blood—it is a sort of filtrating plant. The syphilitic virus deposits itself upon the inner lining of these little blood vessels. What is the natural result; the mechanical effect? A narrowing of these vessels; sometimes a complete closing of many of them. What follows is only what follows when any system of fine piping is obstructed; uselessness of the filtrating plant in part or whole. Further injury is done by the

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destruction of the fine connective tissue. Now we have an incurable disease—incurable under these conditions—cirrhosis of the liver.

“He died from cirrhosis of the liver,” we hear so often. Eight times out of ten he died from syphilis; the other two from a cirrhosis due to chronic alcoholism, which very frequently is a boon companion of the causes which gave the other men syphilis.

When the circulation of the blood is dammed in the GREAT veins because it cannot flow naturally through the small vessels of the liver, we get another trouble which is purely mechanical in its effects. This is the distressing affliction of dropsy. The belly swells to an enormous size and the patient is helpless. To temporarily relieve this state we plunge a large instrument into the abdomen and either draw or pump out the water. This water is the serum of the blood which is squeezed out by the unyielding and injured blood vessels. Of course this pumping out of the serum is only a temporary relief, for from the nature of the cause the belly fills again. When this distressing state is reached we have all sorts of disagreeable and incurable conditions which death only relieves.

This same hardening of the arteries may take place in the brain or spinal cord. If the normal flow of blood to the brain is interfered with in any way, we have a brain disease.

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All the sensitive and delicate cells in the brain are injured and excited, and then come the many symptoms of insanity—paresis—where syphilis is the cause.

As these states are very important matters to our social and economic progress and are the causes of much crime and degeneracy, I shall devote a separate chapter to them.

Any organ that is dependent upon a constant flow of pure blood for its proper functioning may be attacked by syphilitic virus. Hence Bright's disease is frequently only the effect of syphilis, and that disease which is at present attracting so much attention—arterio-sclerosis—which means hardening of the arteries, and which is the cause of apoplexy, is generally due to syphilis.

Now, please do not forget this fact: Men and women may die from these diseases—the effects of syphilis—who were perfectly innocent of immoral acts throughout their lifetime. They did not contract the disease through illicit intercourse; they were innocent victims.

We have seen how the innocent become infected, and these conditions are increasing at a fearful rate. But they will not continue to increase after the facts are known and methods taken to protect the innocent. So, though thousands of deaths from heart disease, apoplexy, Bright's, etc., are really due to syphilis,

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they are not ALWAYS due to any fault of the victims; but to the fault of otherwise good people who have prevented up to the present time information reaching the public through the press, school and homes.

How prevalent this Black Plague is may be realized when I state that one hundred people die of heart disease EVERY DAY IN THE UNITED STATES. It is safe to say that one-third of these heart diseases are due to syphilis.

The number of people who die every year in the United States from PREVENTABLE diseases is approximately 630,720, which may be verified in the last report of the National Conservative Commission. Think of it! Seventeen hundred and twenty-eight lives needlessly destroyed every day—and probably one-third of them from either acquired, accidental or inherited syphilis

CHAPTER V

HEREDITARY SYPHILIS

STRICTLY speaking, there is no such disease as an hereditary disease. Man cannot inherit DISEASES.

This may sound startling to many who have heard so much about "hereditary diseases," but a little explanation will make it all clear even to those who are not familiar with biology.

Place clearly in your mind that for the procreation of life there must be the meeting of a single living cell from the male—called the germ plasm—with the ovum, the reproductive cell of the female. From the moment these two cells come together, the male cell pushing right into the center of the egg-ovum of the female, a new being commences. It is the division of these cells from the two up to the billions until the whole body is formed, that make up the new-born babe.

When the fetus has reached full growth and the child is born the color of the skin, the facial features, the shape and tint of the eyes, hair, etc., have their origin in one of the two

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little cells from which all have grown and developed. If the parents are colored persons their two procreative cells have this factor of color inherent in them. Their child is born a colored child. This is inheritance, strictly speaking the only kind of thing that can be inherited. The color of the hair, its woolly or silken appearance, and other distinct racial and ethnical features are INHERITED, but diseases, malformations and other acquired characteristics are not, cannot, be inherited.

“But you may inherit consumption?” you say. Never. “Cancer? Bright’s disease?” No; not a single disease, EXCEPT ONE, biologically speaking, can be directly transferred from parent to child through the life cell—the germ plasm.

This brings us up against the fact that it is almost certain that syphilis—the virus of the disease—is carried in the germ plasm and hence inherited. That is, the child has the poison in all its cells from the first life-starting cell.

If one stops to seriously think this matter over—and all men and women should—it will appear frightening, make all think deeper and cause one to realize that there is a wonderful law of nature governing us all, and unless we learn this law and obey it implicitly it will stamp its punishment for our ignorance and pig-

headedness upon our children and grandchildren —THE ONLY DISEASE THAT REALLY DOES SO DIRECTLY.

What are generally called inherited diseases are simply conditions inherited from weak germ plasm in weak or diseased parents. These life-producing cells are NOT impregnated with any disease germs as is the case with syphilis. And here it is only exceptional.

In syphilitic children the majority became diseased in their mothers' wombs directly from contact with the virus either through one or both parents having the disease. In these cases the disease is DIRECTLY contracted just as though the child was born and caught it from a syphilitic nipple while nursing, from a cup, or in any innocent manner. But there are cases where it has been proven that there was no way in which the child in the womb became infected with syphilis, yet soon after being born syphilitic symptoms have broken out.

The theory is, and it is really more than a theory, that in one of the parents, either in the male plasm or the female ovulum, were the germs of syphilis. Remember that in these cases the germinal cells must have the virus IN them in order to have the disease directly inherited. If the syphilitic poison merely went in alongside the germ cell, coming from an actively diseased parent, while of course the

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embryo becomes infected, it is not INHERITED syphilis, but acquired syphilis.

But what is the difference? you ask.

Biologically there is a great difference, but this does not concern us. What concerns us is the practical side of the matter.

There is a very practical side; one all should understand. If the embryo becomes attacked by syphilis by the germs going in alongside one of the parents' reproductive cells, it can not as a rule live out its allotted time in the womb. Then comes abortion, one of those millions of abortions that are taking place every year in our land. Sometimes it will grow to a viable age and then miscarriage follows, leaving the unfortunate mother one of those many invalids seen throughout the land—the land of assumed civilization and Christianity.

The cause is purely mechanical, or chemical. The fetus becomes so diseased that it dies, or else the womb and its appendages are so diseased that they cannot nourish the fetus. The result is the same in either case: Early abortion or a still-born child, showing all the signs of syphilis DIRECTLY contracted. A shriveled-up, distorted thing, fortunate in finding death before its period of worldly suffering.

The case is different, however, where the syphilitic poison has so saturated one of the parents that the germ plasm—the life-giving

force—contains this virus. Then the embryo goes on to full term, not always, however, until it is born. It may not at first show any signs of syphilis. Under the best of care, food and environment it may possibly go through life as an apparently well person. But don't forget that every cell in its body carries some remnant of syphilitic poison, only waiting for favorable opportunities to demonstrate its virulency.

This child of syphilitic parents marries. The result of this marriage is a baby born with all the syphilitic symptoms horribly displayed. The curse has fallen upon the innocent!

This is inherited syphilis—the only disease, as I have said, that I consider can be directly inherited. Here is one of those cases which have brought about that fallacious idea that syphilis can SKIP A GENERATION. Such a phenomenon as “skipping” a generation is biologically impossible.

Think a moment. How can the germ of a disease disappear entirely in one generation, and then reappear in another? It cannot, there must be a bridge upon which it has crossed. That bridge is simply the dormant germs that were in one or the other parent—in their life-producing plasm. These germs of syphilis, of course, never disappeared but remained latent only to pass over into the next generation.

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This is all there is to syphilis "skipping a generation."

One may inherit the EFFECTS of a disease. A parent may be so debilitated by consumption or other constitutional disease, that the strength of the productive cells is weak. They have not that full power and chemical balance that should be the right of every reproductive plasm. They can go on to the full development of the child, but as the original cells lacked all the strength of their elements, so does that which developed them. As the strength and resisting powers of any structure, living or organic, is simply that of its foundation, so the strength and resisting powers of a child is dependent upon the inherent forces of the parents' cells.

A child born from weak germ plasm is handicapped throughout life. If it is born of consumptive parents it inherits a disposition to harbor and breed the germs of tuberculosis. It is vulnerable to any attack by poisonous germs; its powers of resistance are weak. But it has NOT inherited consumption or any other disease. We frequently call this state a "predisposition to consumption." This statement is all wrong, an injustice to the individual, and when made in his or her presence, does much harm by its suggestive influence. Such persons should be plainly told that their powers of resistance to any and all diseases are not what

they should be, but by careful living, outdoor living and plenty of nourishing food, they may fortify themselves against the germs always around them. Especially should such advice and instruction be given concerning venereal diseases. Let the man born of consumptive parents be made to fully realize that he is a ready subject for the germs of syphilis; and once they have entered his system he offers a very bad subject for a cure under the best of treatment, even carried out rigorously for five years.

The facts may be summed up as follows: "Disease is a process, a vital process, but one deviating from the normal and showing signs of injury; disease is life, but life under abnormal conditions and with abnormal aspects. Where there is no life there can also be no disease, where there is no disturbance of vital processes showing signs of injury, there is also no disease."

Under these rules "a predisposition to consumption" does not mean disease. Only when on account of this "predisposition" the germs of consumption enter the system can the person born of consumptive parents be called diseased.

With our present knowledge of the cause and remedy of tuberculosis there is absolutely no excuse for the continuance of the White Plague.

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As we shall see, the near approach to this glorious state is to be the result of our studies in the Black Plague. But to bring about this riddance of the curse from our land, those who are working to abolish consumption must understand the relation syphilis bears to that disease. If this is not done, if the good people who are establishing sanatoria for the poor consumptives will not also establish hospitals for the treatment of venereal diseases, consumption will never be driven from the land. No, the disease will increase in spite of all efforts to abolish it.

For the future progress of the nation, syphilis in relation to marriage takes on a very important aspect. It should be as well understood as are the dangers of consumption. It is in reality of far greater importance in contemplating marriage. We are being taxed for the steady increase of asylums, hospitals and charity institutions. Reformatories for both boys and girls are overcrowded and penitentiaries are demanding increased housings for the hordes of criminals crowding cities and towns.

Over one-third of the inmates of these institutions, to make a conservative estimate, are sent there through the effects of syphilis—inherited or acquired. Released, many simply apply themselves to reproducing more syphilitics, and we have no laws to prevent this reproduction of criminals! But this is only one

phase of the subject. If the disease was only contracted through actual contact the problem would not offer such imposing obstacles; but as it is carried through the germ cells, we have more than a mere sexual evil to deal with.

Again, if the plague was confined to the immoral, the degenerate and all the off-castings of America's human melting pot, we might find remediable ways out of the curse. But it is not so confined; it makes its great inroads upon the refined, the supposedly educated, upon the brain of the nation. This state calls for the constant increase of private sanitariums and hospitals; it brings heavy expense upon our courts, and of course indirectly upon all citizens, to prosecute those of wealth whose disease has so injured the brains that murder and assault are over all the land.

If a father, instead of looking up Bradstreet's when seeking a suitable husband for his daughter, would look up the doctor; if the ambitious mother would throw away the *Social Register* or the *Almanac de Gotha* and study to understand the conditions that are rife among the young men to-day, scandal, divorce, imbecile children and insane and unsexed daughters would be the exception rather than the rule.

Let me tell you of the complete moral and mental destruction of a well known family.

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That is, a family whose ancestors had been long in the land and many of whom have been a credit to the nation.

The father of this family went through the Civil War and came out with honors. He contracted syphilis just before marrying. Of the marriage four children were born; two girls and two boys. All of these had the best of educational advantages, traveled widely and came to full age apparently in possession of perfect health.

Two years before the father died he had to be sent to a private institution for mental invalids. He had developed symptoms of paresis—syphilis of the brain. His will was the will of an insane man. In contesting for the rightful heirs his true physical condition became public. The nervous and mental strain the children had to undergo for months, supplemented by all the disagreeable and nasty publicity, evidently helped along their destroying inheritance.

The oldest daughter commenced to drink; then went to morphine, and finally landed in a private institution—the same institution in which her father died from syphilis of the brain. The other daughter married a man much younger and very far beneath her in her social scale—or what should have been her social scale—and in one year after this mar-

riage she was a physical wreck from the outbreak of syphilis. Down, down she went, and finally disappeared after being in the hands of the police several times for rowdy disturbances. Her brother, the oldest one, rapidly became a syphilitic dement, wheeled and led around by an attendant. The only child left was apparently free from the disease until he was forty years of age. Then he, too, demonstrated all the symptoms that had appeared in the father, and is now a puling infant in the paretic's cradle.

If all syphilitic families would go out of existence by the same method of exclusion, the complete annihilation of the unfit, the progress of the nation would be great. But unfortunately these cases of complete dropping out of life on this world are rare.

And perhaps it is all for the best, as we generally have left for us to study as examples one or more syphilitic children. For without these examples we would not understand the causes of much misery and crime; we would not be in a position to learn and heed. In almost every syphilitic family object lessons are held up for our serious consideration and to show us the way to become better men and women—to bring us to that state where we are FIT to be parents.

There has been a feeling of hesitation among

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teachers and preachers, or, perhaps, lack of the real facts, to consider man as he really is; an animal brought to the highest perfection of all animals. And he can go higher; higher in mental development and enlargement of soul. There is no limit to the heights man can go if he governs his acts and thoughts from motives whose basis is the fixed one of governing the animal by the soul power. There is ever in man room for that essence of a higher power that even the deepest thinker and scientific worker must acknowledge if he is a thinker. But along with this truth we must not forget that we are governed and our species continued by the same immutable laws as is all life.

This neglect of realizing that man is an animal, who progresses along the same biologic lines as any other animal, has been the cause of our present diseased state and of the increase of deviates.

All progress is conditioned on selective breeding. Even the farmer who never heard of Mendel or Darwin, knows this fact and utilizes it in breeding his cattle. He knows that permanent advance in the strain of his cows depends upon the improvement in the type of the parents. He never breeds from the second-best bull because this brings a decline in the stock.

Like all animals, man can only rise from breeding from the best parents. This being

biologically true, then we must at once have our future men and women started through the best that is in man and woman; and this can never be accomplished as long as we allow the syphilitic and those coming from syphilitic stock, to marry and procreate.

The decline of a nation has but one cause; the decline of the type from which it draws its people. Men are under the same physiologic and biologic laws as cattle, dogs, flowers. We are careful to breed all life around us to its highest possible attainment; we progress rapidly in this matter; we have brought the breeding of cattle and horses, the reproduction of flowers, up to a height of usefulness and beauty that one hundred years ago would not have seemed possible. In the aggregate, man has brought himself down in the process of breeding—he has been neglectful of selection; allowed the diseased to reproduce their kind, and there roll over the land the swarms of unfits, incompetents, diseased human beings whose minds and souls are so shriveled as to make right thinking and right living a physiological impossibility.

Man to-day is not what he could have been; in the future he will not even be as he is to-day unless we acknowledge the laws of nature and abide and act accordingly. Some of these laws are so evident in their meaning and pur-

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pose, so prominently placed before us to teach all, that the schoolboy can see the truth if he was allowed to learn the facts.

Take the laws governing syphilitic parents and children. Here is one to ponder over: A mother giving birth to a syphilitic child, whether its disease is due to inheritance or contracted in early fetal life or in being born, DOES NOT BECOME INFECTED BY NURSING OR FONDLING HER CHILD. Even if she is free from syphilis herself she is immune from the germs coming from the child. Now, hand this child over to another woman—a wet nurse—and the CHILD WILL INVARIABLY INFECT THIS WOMAN.

Another astonishing fact: The syphilitic child will not thrive upon artificial food; it wastes away to death. Sometimes it will thrive for several years, not infrequently grow to full age after being nourished by its own mother. Can you not see that nature plainly shows by these facts that only the mother of a syphilitic child should nurse that poisonous babe? Nature protects that mother from the germs, but woe to any other woman who attempts to nourish it!

Children may be born of syphilitic parents and not show a trace of the disease throughout life; but, in my opinion, it is not due to the fact that they have escaped the disease, but on account of the many hidden conditions which

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we have always to deal with in syphilis; the brand needed to light up the smouldering germs had not been applied.

This brand is often alcoholic excesses, intense mental emotion, psychic shock, or some debilitating disease; consumption, for example. Many times we find a man or woman who has reached middle life in apparent good health and in whom there has never been a suspicion of syphilis. To such comes a sudden shock, a period of severe illness, a severe strain upon their nervous and physical systems, then the weak spot in their constitution is attacked and out the horrible truth pokes its fangs. Soon follows one of those mental or nervous troubles which we associate with latent syphilis; acquired or inherited.

There is an idea among the laity and some medical men that a child born of syphilitic parents is immune; that is, this child cannot become infected. There is a law called Profeta's Law that too long has been accepted as representing facts. This assumed law is to the effect that healthy born children descending from syphilitic ancestors, or born of syphilitic parents, are immune against syphilis. Recent studies and clinical experience show that this law cannot stand.

I have said "healthy born children from syphilitic" stock. Such statements are made

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by reliable investigators, but I believe that such children do have the taint in them, but on account of favorable environments the taint never shows itself.

So it is all through the studies of this Black Plague. Laws, exceptions to these laws, and laws to these exceptions, make a veritable puzzle, as perhaps the reader has discovered by this time.

There is only one real law governing syphilis that nature has laid down and which we cannot find exceptions to or deny, and that is, he who leads an immoral life, he who is governed by the animal in him and not by the soul, will contract syphilis sooner or later. There is only one man who is strictly immune to the disease—he is the dead man.

True, a man suffering from the disease cannot contract it while the germs of the disease are in him; at least, the primary sore, the chancre, apparently does not appear, but common sense will tell him that the only reason he does not again contract the disease is because his system is too full of the germs to have place for any more.

Many men think that they have been “cured,” that they are immune and may, with impunity, go anywhere and be safe. This is a fatal error, and one that should be thoroughly exploited. If such men do not contract the dis-

ease it is only proof that they were not cured; that there are some germs somewhere in their muscles, internal organs or tissues, and some sad day when he has broken out in a murderous assault, or thrown away his fortune in the belief that his imagined millions would fly to him as he whistled, his friends and the doctors know just where the syphilitic virus, or rather the by-products of the virus, are in his diseased brain.

We now have too many proofs of the fallacy of immunity to any longer place confidence in any statement of a former attack making the individual safe against other attacks. Men who have been known to have all the syphilitic virus driven out of their system, and been free for ten years from any symptoms of the disease, have gone to prostitutes with the idea that they could not become infected with the virus.

Alas; what a sad mistake; what fatal ignorance! Undermined by the effects of the former germs and treatment, the constitutional strength weakened, the former psychic shock due to the knowledge of the possible effects of the disease, their whole systems were ready for a fresh attack. The germs go through these weakened bodies to the end. In such secondary infections the end is certain.

CHAPTER VI

THE GHOSTS OF SYPHILIS: MENTAL AND NERVOUS TROUBLES APPEARING LATE IN LIFE

I WAS sitting, one afternoon, in the dressing-room of a theater, conversing with Miss Mary Shaw. She had just finished the last rehearsal for the performance of Ibsen's "Ghosts." There came a timid knock at the door, which was sweetly answered by Miss Shaw's voice saying, "Come in."

A young woman about twenty years of age passed into the room, handing Miss Shaw a parcel neatly done up in scented paper.

"Oh, DEAR Miss Shaw," said this gushing young woman, "mamma and I saw in the papers that you were to play 'Ghosts.' Mamma remembered a wavy, silk shawl that she once used to play a ghost with when she was at school. Everyone who has seen it says it will make a perfectly shaky, creepy-looking ghost; so mamma had me bring it to you. She says you may keep it as long as you wish."

After Miss Shaw had thanked the young woman, and we had discovered that neither

mother nor daughter had the slightest idea what Ibsen's "Ghosts" intended to convey, the actress turned to me and said: "Dr. Howard, WON'T you try to tell Miss —— what 'Ghosts' really means."

"Miss ——," I said, "Ibsen's 'Ghosts' is a psychological study, or play, it——"

"Oh, yes," she put in, "we have psychology at college; we have to remember smells, and take a girl and ask her questions; then see how quickly she answers them. Our professor calls it 'time reaction'—it's lots of fun, for we can tell the stupids——"

Just then Miss Shaw had to find something in her trunk; so I determined to get over the tragi-comedy at once, fearing my own ability to keep from laughing.

"You have read the play, Miss ——?"

"Only parts of it—we have had it explained by our professor of literature. She says much of it is too horribly ghostly to read over—but I am going to see Miss Shaw play it."

"Well, tell your teacher of literature the following facts; perhaps then she will give you better and real instruction: The fundamental idea of 'Ghosts' is the awful and certain consequences of hereditary diseases; venereal diseases, which ARE ghosts to revisit the scenes of their past existence; either in the criminal himself or in his children. You under-

stand, Miss ——, that he is not a criminal for having contracted the disease, but in marrying and producing children. Oswald Alving is the son of a father whose past life was sexually an evil one, and who has long been dead. His memory has been cloaked by his wife after his death, but her son becomes a physical wreck. This is the reason that causes him to beg his mother to give him morphine and end his torment. You see, he finds out what is killing him gradually and in such a repulsive manner. You fully understand now, what ‘Ghosts’ means?”

“Why, yes, I think I do. The father had done something horrible; been sent to prison; Oswald’s mother didn’t want him to know, but someone told him.”

When she had departed, Miss Shaw turned to me and sadly said, “Oh, this sort of thing is almost destroying my faith in college education for our girls—Doctor, what’s the use?”

Exactly so—what’s the use?

Some readers may smile and say that this young woman knew more than she would admit, but the physician who daily sees these American girls rush as wives into homes where the doctor would not go without rubber gloves, knows that they are woefully ignorant of the **REAL** truths regarding venereal diseases and their ghosts.

Here was a young woman supposed to have had motherly instruction and an education, in a mental position to marry any man who had in him ghosts to rise and confront her and her children. And the land is crowded with such girls and their mothers!

It is with these ghosts of syphilis that I have been battling and studying the last twenty-five years. I have seen most brilliant men, refined and chaste women, self-sacrificing mothers, go from apparently perfect health to a state of fear—fear of self—then merge into a state of incapacity for daily duties, physical and nervous instability, invalidism, insanity, then blessed death.

And these states would all follow each other in a form of regularity. While wavering in details, yet they were all started and moved by the same basic cause—syphilis. They would make their first appearance about the critical period of man's life; forty to fifty years of age; in women any time after thirty, the age at which the change commences depending upon their position in life—married, single or in what manner they were mentally occupied.

The ghosts of inherited, or early acquired syphilis—the “cured” cases—stalk in no uncertain manner nor are they driven from their secret hiding-places by any means or methods in the power of man—at least, at present.

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Their hiding-places are everywhere in the body, but mostly they prefer the brain and nervous system. When these ghosts are preparing to make their presence known, all phases of mental unrest are demonstrated.

Men will, in the prime of life, lose their grip, have slight attacks of apoplexy, perhaps become vilely immoral, or dishonest and betray trusts.

These ghosts of syphilis—these incurable and hundred-headed conditions which make their presence known mostly in middle life—are the causes of the majority of mental diseases, mental breakdowns, brain disturbances. I am convinced from long experience and much study in these matters, that drug victims, certain forms of alcoholism—periodic outbreaks of a veritable craze for stimulant called dipsomania—have their genesis in a nervous instability. This instability, the uncontrollable impulse to drink at any cost to life or family, is traceable in many cases to inherited syphilis. It is true that these states are brought about by auto-intoxication; that is, the poisons which in the normally balanced individual should pass off through the natural channels, the skin, lungs, kidneys, liver and other organs of the body, are stored up until the man's brain becomes saturated with these by-products, then comes this veritable outbreak of temporary insanity. But the real

cause of this lack of perfect functioning of the excretory cells, is syphilis. The cells of these organs, kidneys, liver, etc., have been attacked by the toxins of the syphilitic germs—we are speaking of inherited syphilis now, hence the instability of the man's whole system.

Almost any perversion of physiologic function or mind may be the result of these syphilitic toxins roaming in the body. A man after a life of normal habits may develop a moral palsy, grow into the custom of being an inveterate deceiver and liar, act in fact, quite the opposite from the man his wife and friends have so long known. He may develop sensuality to such an extent as to fall into the hands of the police; frequently this form of insanity drives the man to seek little girls; even boys.

I knew of the case of a refined and earnest clergyman whose gradual downfall was the wonder of all his friends and acquaintances. He got into the hands of the police. Fortunately it was suspected that his was a case for medical examination, and we saved him from the prison, but sent him to the asylum, where he died in the course of three years.

After considerable trouble and infinite patience I could catch him in lucid intervals, and then the story came out. His father had been "a man around town." He drank constantly

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and, of course, cohabited promiscuously. The son, seeing his father beastly drunk at home, became so disgusted that he naturally turned to religion; a decision that was ably fostered by the mother. Of course the history was plainly written in this son. The ghost of his father's crime was stalking in this man. The poisons manufactured by the syphilitic germs remained in his system, gathering power, until they took full charge of the brain.

Had the cause of this man's ruin been known at his birth, much might have been done to fortify him against its ravages. But, you see, his people didn't know. And the doctors? No, not thirty years ago; not five years ago. Take the case of a man twenty-five years ago who had contracted syphilis and went straight to an able physician. He undergoes thorough treatment for three years. No signs of the poison can be found; he remains free from any symptoms for twenty-five years. He is told that he is cured, he believes he is; has every reason to believe this. But while all the germs of syphilis have been killed in his system, the toxins they manufacture, and which we cannot demonstrate by any known method at present, are doing their fearful work. He may have warnings through slight attacks of loss of memory, or a few fainting attacks, so called, but their true significance is not recognized.

One day he drops from an attack of apoplexy.

These cases, both from direct attacks of the syphilitic virus on the blood vessels of the brain and from the indirect effect of their toxins, are more numerous than the public have realized. Syphilis has too long masqueraded under false names. Dr. Charles L. Dana has said: "The fact that syphilis causes one-third of all cases of apoplexy has not, I think, been heretofore brought out, though I feel sure that the experience of neurologists will confirm it."

These toxins that are manufactured by the syphilitic germs are different material from that of their source. They are supposed to be the cast-off products of the germs, containing a chemical poison which so far has been elusive. They are not affected by any treatment; cannot be killed and eradicated as can the syphilitic germs, and autopsies only show their effects, not the toxins themselves. All we do know is that those contracting syphilis are liable, even under the most favorable circumstances, to be felled in later life by certain diseases which attack brain, spinal cord and the general nervous system.

When this poison is destroying the brain tissues the disease is called paresis, or general paralysis of the insane; when the same cause is eating away the spinal cord we call it loco-

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motor ataxia, on account of the peculiar gait the victim acquires during the first and second stage of this disease. And so on through a series of afflictions goes the victim of syphilis, afflictions deadly in their ultimate effects but all of which cause years of suffering and a general disintegration of the whole nervous system.

These conditions are different from those arising from syphilitic tumors, abscesses or other growths in the brain. This is proven by treatment. When we have brain disturbances caused by the THIRD stage of syphilis proper, that is, the direct effects of the germs in the brain, saturating the patient with mercury and iodine causes these tumors, etc., to disappear. But even after the germs in the brain have been destroyed we still have left the corroding effect on the brain tissues. No matter how systematic and thorough the treatment has been, there must be left some scars on the delicate fibers and cells of the brain. Under these circumstances the man is never as he was. SOME cells of the brain have been affected. In the brain worker this is a fatal state; fatal so far as the individual is unable to use to their ripest extent the former activity of these cells. This fact often accounts for the gradual decline in many a writer's output, or when the artist's delicate sense of color is said to be fail-

ing; when the lawyer's power of pleading has lost much of its continuity. And these are the "cured" cases!

Syphilis also gives rise to acute and sub-acute meningitis that in every respect resembles the meningitis due to the microbe of this disease. It is more frequent than the general practitioner realizes. This meningitis may arise from either acquired or hereditary syphilis. Like the true meningitis it may run a fatal course, or recovery be the outcome. But even if the patient recovers, the brain tissues have been injured to some extent. In these syphilitic cases of meningitis the deaths are about one to three.

As we have seen, experience demonstrates that many who have been under the most rigid treatment for syphilis, had all external and internal signs wanting for years, are liable at the most important period of their lives to be shattered in body and mind by these ghosts of their own unclean acts or by those of their forbears. This may even occur after a thorough examination from time to time for the germs of syphilis and not a trace of one can be found. But their toxins, which they have left to multiply and work havoc, have their revenge, for it is through these that unexpected ruin comes.

Here is an example of how these mysterious

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ghosts of syphilis arise and rule until ruin follows.

M. was a man of forty-two years of age. He was one of the best-known authorities in his line. He had graduated from the foremost universities and taken his degree up to and including that of Ph.D. He was associate professor in a very important university, and on the immediate road to a full professorship. He had had one or two outbreaks of dipsomania—going on sprees—but these were considered the effects of nervous breakdowns from over-study. His attacks became more frequent and he was finally sent away to rest. He traveled extensively, but finally it became necessary for his friends to go and get him out of several disgraceful escapades.

All his acts were those of an irresponsible man. After a while he seemed to be himself again, and took up his work at the university. But the normal period only lasted a few months, for he again appeared erratic, then untruthful, and not to delineate the disagreeable clinical picture further, we find him at the end of three years a degenerate of the most vile sort.

His friends discovered his hiding-place and he was sent to a sanitarium. For a while under the favorable surroundings of this place he recovered somewhat of his former personality, but upon being released relapsed again

into his old mental and moral palsy. Once more he was confined, and then the real nature of his trouble came out.

It was one of those syphilitic ghosts which had been carried over to him through a parent. Fortunately an incident occurred which enabled us to get his family history and make the clinical picture complete.

His father, at the time M. was conceived, was a man in high position, but his mother was a Spanish dancer whom the father had picked up in Brazil. M. was born in Brazil and at an early age came to this country, where he was brought up by his father's parents. His mother continued her career, and ultimately died, in a charity hospital, from an old attack of syphilis. She had been diseased from girlhood. This unfortunate son of hers inherited syphilis, and the fact being unknown, the poisons went on to their fatal end. And this is only one of hundreds of cases of the same kind that have been brought to my experience.

I was long puzzled concerning the case of a talented artist who, in spite of his great advantages and opportunities, neglected them all for beastly habits and companions. Nothing, apparently, could control his degenerate tendencies. No institution where there were patients of his social standing—birth, position—could or would keep him. He would have

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turned Diana into a sow and the Vestal Virgins into wallowing vampires. As I was about to commit him to a public asylum as a moral imbecile, his mother, who was exceptionally informed upon certain conditions, confided the truth to me. She had long suspected the cause of her son's diseased brain, but shame and modesty had kept her silent up to the crucial moment.

Yes; she had contracted syphilis from her husband the first month of her married life. She did not know at the time what it was that caused her to be so miserable and to suffer those awful pains in her head and bones. After the boy was born it was absolutely necessary for her to go to a hospital. Here she learned the truth after much questioning and insistence. But they did not tell her the danger her son would always have hanging over him—in fact, these toxins of hereditary syphilis were not at that time thoroughly understood. Some of the best authorities of those days denied that these by-products existed. If a child inherited syphilis the disease would show itself in some ways upon the body, or teeth, the bones certainly. Such was the idea in those days and in the minds of many to-day.

Her husband disappeared and this criminally assaulted wife secured a divorce. She afterwards heard that the husband died in a charity

hospital—presumably from syphilis. And so I might go on to fill a large volume with descriptions of these cases.

You can all see, however, in these two condensed histories of inherited syphilis, veritable ghosts, the misty but penetrating phantom of this disease. I might, with good reason, call it the ever reminiscent soul of Sin; for, though the body of the disease, the germs, has been killed, yet its spirit remains ever stalking, ever warning.

That horrible disease epilepsy, is frequently only a manifestation of syphilis of the brain. Many of the men and women picked up on the streets, where they have fallen in a coma and who are accused of being in an alcoholic stupor, are in reality syphilitics. If they have been drinking, this is only a contributory cause. Such an attack of unconsciousness is the forerunner of paralysis, perhaps the first sign the man or his family have had that he is a syphilitic.

Regarding these conditions, Sir Jonathan Hutchinson gives the following advice: "So frequently is syphilis the cause of paralysis, that in a case where it happens without evident cause, it is advisable to try the effect of specific treatment. Undoubtedly, by this method, we often get a clew to the real nature of many an obscure affection of the nervous system."

Syphilis may invade the lungs and the patient die from pneumonia—syphilitic pneumonia. Some cases of consumption, so called, are in reality nothing else but syphilis of the lungs. The symptoms are about the same as in true tuberculosis; fever, sweating, hemorrhage. The germs of syphilis may attack the covering of the lungs; then we have pleurisy.

Sir Samuel Wilks, of Guy's Hospital, sums the whole matter up in the following words: "Syphilis, in its ultimate form, is capable of affecting every organ in the body; the internal may become equally as obnoxious to the effects of the virus as the external. Many obscure and intractable organic disorders are cases of visceral syphilis, and it cannot be too forcibly impressed upon the public that syphilis may affect not only the cranium, but the brain within it, or the nerves; not only the muscles of the limbs and tongue, but the heart; not only the pharynx, but the esophagus; not only the larynx, but the tracheal bronchi, and lungs, also the liver, spleen and other viscera."

That most repulsive disease, elephantiasis, where the limbs grow to the size and shape of an elephant's limbs, is sometimes seen as the result of syphilitic poison. In old persons where there has never been a sign of syphilis noticeable to the ordinary observer during active life, gangrene attacks the limbs and death soon

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follows. Thus has the man at last had his sins uncovered.

I know a young woman whose father died a paretic, whose brother is confined as an imbecile, yet who was allowed to marry. This is one of the great and awful sins of society, law and church—the non-recognition of the crime of syphilitics marrying. We can hope for nothing but an increase of degeneracy, moral perversion and vicious habits, as long as this procreation of syphilitics is allowed to continue.

Take the subsequent history of this young girl. She soon went the way her ghost wanted to go. She commenced to drink, and from that easy start soon sank to the gutter, helpless, unable to control the powerful strangle-hold her inheritance had upon her. She had one child, a monstrosity; it lived just long enough to force the fearful truth upon both mother and father, who, separating, each went on their way. The man has never recovered from the shock.

So again we see the ghost of syphilis; the rotten spirit of the pure girl's father's sin—yes, crime, in marrying. Here is the evil spirit whose purpose is for the betterment of man, for it works so all may understand and heed.

It is the vacuity of vision of what man can and should be; the mental blindness to our duty as procreators of man, that makes for the roaming and cunning ghosts in the innocent.

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We are the assistant in creating these horrible conditions; we are the medium by which God creates His highest form of everlasting LIFE, and the man or woman who ruins and besmirches this medium—the body containing the procreative cells—must expect that his poisonous products should be unfitted to do.

Man's real potentiality is eternal life. His mere physical body is a mass of growing and decaying cells. At first the growth keeps ahead of the decay—this is youth. Then comes that horizontal plane in middle life where growing cells and decaying ones keep pace with each other. At sixty or past, the decaying cells commence to conquer, then follows a gradual loss of vitality throughout the body to the antithesis of birth, death.

In normal man this latter state should be as free from anxiety and pain as was his birth. And man himself can bring this pleasant state about, but not by working for himself alone, but for those who follow him with his germs of life.

Such is the animal existence of man. But in this mass of constantly competing cells, the gross body, are LIFE cells. These differ from all the other cells, are totally at variance in function and future from any other part of a living body.

These life-giving cells we pass on to our

children; they likewise pass them over to their children, and so on for generation to generation. It is a continuous chain, each link of which should be perfect and of equal strength. When one link is weak or only partly welded, we have a break in the chain when a strain comes, and that family's history generally spells SYPHILIS. In time, under these conditions, the whole family goes out of existence.

These procreative cells ARE eternal life—the only thing we know of that is everlasting. They carry the elements of the soul; more, they are the soul of man. Whence they come we know not. How they are destroyed, how the beautiful elements in them are distorted, we know in this matter of syphilis. They are the only part of man that is life, yet they are apart from him. They are the element in man that needs the most careful consideration and the best of developing; under insult and abuse they will later on rise and poke his crimes straight into his face.

These little bits of protoplasm contain all that is good in the man to be—the essence of The Great Force; they will absorb the evil he does before he passes them on. They carry this evil on to the next generation.

These life cells are the evidence of some great, inconceivable Power. In themselves they carry no evil thoughts, no murderous instincts;

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aside from their procreative power they contain but one factor which is carried from life to life—AND THAT FACTOR IS THE VIRUS OF SYPHILIS. They will transport from cell to cell the germs of syphilis or some of its destructive products, as a means of eliminating that family which disobeyed the laws of Nature. The disease being carried in these life cells causes a break in the continuity of that family's chain; a lesson to us all to avoid lechery and all its filth.

Just where the line can be drawn in nervous and mental troubles, where the causative agents are syphilis or some other affection, is at present uncertain; but in my opinion future studies will show that most of these mental and nervous disturbances have their genesis in syphilis and its congeners.

Even an accident in itself is frequently only a provocative for latent syphilitic poisons to spring into activity. Especially so is this true of bone diseases in children.

When brain and nervous afflictions follow innocent diseases, typhoid fever, for example, it would be necessary to ascertain for a certainty that there was no syphilis in that patient's family, in order to put all the blame upon typhoid.

For, as I have said, it often takes some affection which causes a debilitated state, or a shock

which has temporarily unbalanced the nervous system, to bring out the truth. In other words, had this typhoid patient been free from syphilitic taint would the brain trouble have followed? In many cases I believe not.

So many cases of inherited syphilis and syphilis acquired at birth, have gone under different names that the public has had no realization of the fearful prevalence of this disease.

Rickets, marasmus, perhaps chorea—St. Vitus' Dance—early and unaccountable consumption, catarrh of the nose in children where there is constant sniffing, this is almost always symptomatic of inherited syphilis—iritis, an affection of the eyes, and even scrofula must all be looked upon as of syphilitic origin. In the case of scrofula it is true that the germs of tuberculosis are the prime causative agents, but most frequently syphilitic germs find lodgment alongside the tubercles somewhere in the system. When this is the case it is justifiable to put the real cause down as inherited syphilis. Of the syphilitic bone diseases in children I shall speak later on, when we are considering the relation of marriage to syphilis, as it bears with great importance upon these terrible afflictions. For terrible they are; there is no other word to express the conditions.

The increasing number of moral and sexual perverts, the inroads that alcoholism and drug

habits are making among our young generation, is appalling to the man whose life has been spent in studying and treating these misfits and those born helpless in the grip of syphilitic inheritance. One cause of the increase of cocainism among the negroes, I believe, is traceable to their undermined system by the poisons of syphilis. I doubt if out of every hundred negro families more than one family could be found that was free from the venereal curse.

Then the havoc it is making among our men of mental potentiality!

I have treated scores of men whose nervous systems were "broken down by overwork." Much of the impression that has gone abroad about "overwork" is erroneous impression. Many of these cases are simply those whose nervous systems have inherited from ancestral life-cells a state of instability. Such unfortunate individuals break down in their life's work because they have not had a normal growth throughout their nervous systems. Some perhaps are suffering from their own acts when very young, many are in reality poisoned by syphilitic by-products from "cured" attacks years before. It matters little; the cause is in past venery—of the parent or the individual.

The normal, healthy brain, the balanced nervous system, does not break down from over-

work. The balanced man has a self-protective instinct in all these matters. Even great shocks will be antagonized by the normal recuperative powers of the brain, of its inherent function—the mind. Men do not break down from overwork of the brain, but by abuse of brain tissue; venery, alcoholic excesses and their insidious recovery by the use of drugs. These are the factors aside from syphilis, which bring the man or woman to the specialist, the hospital, the morgue.

The steady use of brain forces free from poisons, strengthens these forces. The brain in this respect is like the muscles; lack of use shrivels it up, inactivity makes it powerless to give forth good work when suddenly called upon. If the muscles of man are to be of any value, he sees that they are supplied with pure blood; nothing but exercise of the muscles will do this. He keeps in training so that all poisonous products are kept out of his circulation. When these muscles have worked to their limit and further demands upon them would be harmful, the athlete knows the fact. Accordingly he rests. In every detail so should the brain be used. To be a brilliant brain-worker a man must be a brain athlete.

Under the present conditions of life, the rush for so-called success—money getting—it is absolutely necessary that every brain cell

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should be in a normal and uncontaminated state. Only the man who possesses this attribute for success will win out; all others will go to the human junkpile. Many have reached an enviable position before the wreck is cast upon the dump; but such do not live to enjoy the fruits of their labors.

And syphilis will be the cause of fifty per cent. of these wrecks. Let this fact be remembered: The death rate of syphilitics is nearly fifty per cent. above that of non-syphilitics at corresponding ages.

Man learns up to forty years of age. From forty to sixty years of age he should be turning out the products of this learning and experience. The best mental work man does is accomplished between forty and sixty—seventy, in cases of men who come from a chain of forthrightly forebears in which every link was perfect and welded without a blemish.

Man's real work; the progress, steady, telling progress, which moves the world toward better things, has all been done between the ages of forty and sixty. Geniuses, sporadic discoverers in the realm of science, adolescent dreams of poets, are frequently the output of a forced unconscious growth. Young in years, yet in reality these exceptional men have been born with inherent experience—a past carried over in the germ plasm—which gives them a men-

tal start when young in years of physical growth.

Such men die at an early age, counting the years they have been from the womb, but they have mentally lived their sixty years.

To say that the normal man's mental usefulness declines at forty years of age is to deny the wisdom of the power that creates us, for if this forty years was the age of our decline, why the balance of thirty or forty years left to man?

Nature shows us that every animal, including man, has its allotted work to do; when it is finished he is ready for death. Is man intended to be an exception; to stop doing things worth while right in the middle of his physical existence?

Certainly not! If this statement of man's usefulness after forty was intended to apply to the syphilitics, well and good, for this is the age that brings syphilitics to mental decline.

CHAPTER VII

SYPHILIS IN RELATION TO MARRIAGE

ONE of the most prominent professors in a foremost university sent me, a few days ago, a letter from which I abstract the following: "It seems to me that a big fight is coming on the question whether syphilitics should marry with any idea of procreation, no matter how the disease is acquired or cured. Possibly society might permit syphilitics to marry syphilitics after being sterilized so that there would be no danger of having the loathsome misery perpetuated. Taking the inheritance possibilities and the unprophesiable and remote degenerative processes in nervous system and blood vessels into account, I am at a loss to see how any physicians can possibly advise a syphilitic to marry. Or, putting it the other way around, how they could advise a clean person to marry a syphilitic. . . .

"1. Would you advise your daughter to marry a man innocently infected with syphilis whom you had treated completely yourself?

"2. Would you advise your son to marry

and procreate after being infected with syphilis and after being treated in the best manner possible?"

My answer to these questions was an unequivocal, emphatic NO.

My reason was summed up in the statement that: Man's birthright of force and stability is always weakened by syphilitic poison even after a cure.

The following case was put to me for my opinion. As it tells in a terse manner one of the curses which follow innocent infections of syphilis in married life, I quote the description.

"Woman, fifty-three, a nervous wreck. German, married at thirty-one to strong, healthy man. She was subject to frightful headaches which have completely baffled all medical skill to mitigate. They come on after excitement or strain of any sort, and have persisted without much change for now over twenty years, though the change of life at forty-five has resulted in slight improvement in general health. No pregnancy until eight years after marriage, then a boy, and a year and a half after, a girl, were born, apparently normal. The boy has grown well but has shown mental weakness, inattention, inability to concentrate in effort, and practically complete lack of normal human emotions. The girl is more nearly normal, in-

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tellectually bright but without initiative, and MORALLY LOW. Neither has any ear for music, cannot follow a tune, never attempt to hum or whistle spontaneously, now thirteen and eleven years. Both children have been apparently getting rapidly worse morally, or show up worse, for the past years or so.

"At fifteen woman had 'measles' which 'struck in,' and she was not expected to live, was treated for two years or so and was finally 'cured' by a German doctor. Headache and general debilitated condition date from this attack of 'measles.' No tertiary lesions, but mental ability has declined steadily and so rapidly as to cause annoyance and dismay even to the woman herself. . . . Woman has developed almost insane jealousy. Husband has been absolutely 'straight,' but she makes life a burden to him with her jealous suspicions and interferes seriously with his work.

"From above, do you not think likely that the case of 'measles' was the secondary stage of syphilis?

"This is a cheerful picture of a 'marriage,' is it not? I am not much of a socialist, but it seems to me that a state ought first of all to insure to a healthy, moral man or woman a normal mate. I am certain that the husband has never had intercourse before or after marriage with any but his wife. . . . He fairly

loathes this caricature of a 'wife' and is tempted to suicide, 'disappear,' take to drink—anything to escape present misery.

"What do you think of the case?"

I think that it is a perfect clinical picture of syphilis as it occurs in these "cured" cases. I advise in such a case that the woman be placed where she can do no harm, for some day this disease that is destroying the brain will cause an insane outbreak of jealousy, and murder will be the result. And the lawyers will not listen to what the doctors say, then or before.

Oh, there are thousands of "homes" like this one, and the moralists say that "drink" caused all the trouble. No; SYPHILIS is the cause of these broken homes; drink and suicide frequently follow, but are not the cause of so many men "disappearing," as the preachers would have us believe.

Syphilis in either partner, whether the disease is inherited or acquired, exerts a most disastrous effect upon married life. It is not necessary to more than mention the economic effects rising from the inability of either the husband or wife to perform their allotted share of work. The deterioration of the earning capacity of the husband is the most frequent cause of the family's disintegration. When the wife has become infected by the husband

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then all family ties are severed. Disgust, abhorrence, sometimes mania, follow the knowledge of the loathesome disease she has contracted. With the average woman it makes no difference whether or no the husband is innocent. It is her leprous state only that she sees, smells, touches.

She has to go to the hospital, praying that the little one to come may be born dead. Here, too, is the economic side if we can shut our eyes against the horror long enough to look at this important matter to the state. Such a woman requires expensive treatment. The general hospitals will not take these infectious cases—though the public are led to believe otherwise, and pay their taxes accordingly—so a private or semi-private retreat must be found for the unfortunate woman. Of course, if she is a pauper, she goes to the repulsive wards of the common harlots; but this doing away with the one-time confiding wife is not giving her treatment. Money must be found for her, and how can the already debilitated husband whose disease is fast working havoc with his abilities, continue to find the means? But all these questions are for the state to solve, for us it is to the individual who marries or contemplates marrying that we must point out the crime of doing so, if there is any suspicion of syphilis in the families.

To the man who marries, believing himself cured, and who later on finds he has procreated a syphilitic child, comes the horror of his deed. It is impossible to keep the fact from his wife; there is the proof in that distorted, diseased child. Human nature of the right stuff cannot stand it. Debauchery follows; it is done to forget, or suicide for oblivion. And the wife? She hides her disgrace, her horror, refuses to hear truths that by spreading might be of untold value to the girls and women of to-day, and so allows others to go to their ruin through ignorance of the inside facts of venereal diseases.

I know a woman teacher in a school for girls who was operated upon for venereal disease, caught from her husband, who absolutely refuses to allow her scholars to know that such dangers exist. I know of a woman book reviewer who throws into the fire every work dealing with the Black Plague, no matter how authentic or valuable for our social progress it may be. This same reviewer will gleefully write a column of stuff describing the story of an erotic heroine whose morbid and perverted ideas are simply the wailings of the hysterical author—certain to be some maidenly passed-over—and whose neurotic imagination is harmful and wrongly suggestive to the adolescent reader.

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In dealing with the relation of syphilis to marriage I only refer to the evils rising from those innocently afflicted or those who marry fully confident that a past infection has left no trace of its virus.

Let it be understood that there are cases which are apparently free from any trace or symptoms of a formerly contracted infection of syphilis. Such cases are assured by their physician that they may marry with safety. But if the physician thoroughly understands the disease syphilis as it is understood to-day, he will make any such statements with reservation. He may with scientific accuracy, if he has had the case under care for at least five years since the first symptom appeared, state to the patient that, being free from all syphilitic germs, he cannot infect his wife-to-be. But he *cannot* state with scientific accuracy that the children will not show signs of the disease. We do not know the laws governing the poisons that are made by the syphilitic germs themselves, and whose presence we cannot determine. Hence the reason why the syphilitic should not be allowed to marry, or if such marriage takes place the one formerly infected should be made incapable of parenthood—a very simple and harmless operation, or by the application of the X-rays, which effectually does the same thing.

There are cases where the marriage of a man who has been successfully treated in early life for syphilis, and whose marriage has had the sanction of his physician, has turned out happy to all and never a trace or hint of the past infection risen to the surface. Such cases are rare, the infected one having been treated under the most exceptional circumstances and conditions. Also, one to have reached this infrequent state of safety to the wife, must come from the best of ancestral stock—physiologically speaking—and have led a perfectly straight, calm and hygienic life since the first warnings of the poison in his body.

Nevertheless, even under all these conditions and the favorable ones during the marriage life, we cannot be assured that in the second or even fourth generation there will not appear some tell-tale of the disease. I believe that if we had some available methods of registering these cases so that the doctor of fifty years hence could go direct to the records and look up the medical history of Mr. W. H. Smith, he might be able to have a clear and indisputable evidence of the cause that brought Smith's grand or great grandchildren on this world mentally weak or physically distorted.

There is a cause and effect for everything, and simply *cleaning* the source does not mean that none of the effects have

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not gone underground or percolated soil where, at the favorable opportunity, they will appear.

One of the great dangers in the syphilitic who has been under treatment and then allowed to marry, is his liability to procreate children who, while perfectly well in body and mind, are always ready to harbor and propagate the germs of consumption. That intangible something which we call "constitutional tendency" is always the birthright of the child born of the "cured" syphilitic. With it is that state we call "want of stability." This may not be demonstrated in the individual's life work if such has been free from worry, anxiety or dissipation. But where can you find such an individual who is worth while? Man never accomplishes anything without fighting; and this state of personal warfare surely is not free from worry and anxiety. So the child born of a "cured" syphilitic surely is handicapped. When the stress and storm of life comes this incomplete individual sways and totters as his or her psychic elements are tossed about like a skiff in a storm which is without rudder or anchor. For a harbor of mental quiet and physical rest such a life craft attempts to hold on with an anchor of rotten sandbags—drugs; to steer with a weak plank—alcohol, and these methods of riding out the

psychic storms land them upon the reefs and rocks which are named, Neurasthenia, Hysteria and Moral Palsy.

How many men become useless to their families just as they are most needed to care and protect wives and children! And in the inherited cases it is not their fault. Useless, helpless, because some internal disease—cirrhosis of the liver, or Bright's disease—has sent them to the hospital to be returned only for the sad funereal rites.

Oh, if Dante had only known of these crimes of parents and grandparents he certainly would have shown us these criminals rotting, renewed, and rotting again, in some stinking hole in Hades. Perhaps Charon has a separate garbage dump down the river for these mephitic forebears.

But of all those who suffer from inherited syphilis, the woman is to be most pitied. The many fluctuations of this disease are brought out in the marriage relations and the cares which accompany motherhood. For in woman it is the hidden complications, the many congeners of syphilis, that baffle the physician. As she has no history of acquired syphilis and we can seldom if ever get one from her father or grandparents, her nervous phenomena have to be treated for the symptoms, and rarely with any success. Then those racking headaches

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which rapidly bring her to drug habits; the monomania accompanying her change of life; perhaps a slowly approaching paralysis, in too many instances, self-destruction. Then we read some misleading paragraph in the paper, such as, "She had been suffering from despondency since the death of a sister," etc. It should read, "Mrs. A—— was suffering from the effects of inherited syphilis. The physicians found upon looking up her father's record in the New Health Department, that he had been treated for a few months for an attack of this terribly infectious disease, and had been permitted to marry under the old laws, having at the time no medical assurance that he was free from the Black Plague. Under the old idea that prevailed in America it would be unconstitutional to prevent a man from throwing diseased children onto the world. His license, or his liberty, to carry germs of a terribly infectious disease around the community and to pass them on to a future generation, was one of the great privileges granted to our citizens by the Constitution. Needless to say that all the foreign races who came to our free shores availed themselves of these privileges."

I hope to see something like this appear in the future editorial columns of the first-class dailies.

Another reason syphilis takes such fatal courses in married people is due to its late recrudescence; to the stimulations of the married state which force the hereditary conditions to the surface. All physicians know that in older people syphilis is always more severe than in the younger. What I have said about the growing and decaying cells will make all this clear.

Would these conditions arise in those who, having inherited the effects of syphilis, remained single and chaste?

Under the most favorable conditions probably not. The sudden change, especially for a pure and ignorant woman—ignorant of sex hygiene and disease—free from care and anxiety, to one of worry and work; from a still and unaroused sexual state to the revolution which takes place in early married life, is too great a psychic and physiologic shock not to bring forth any inherent weaknesses.

When the wife and father have been entirely free from any signs or suspicion of the curse of one of their forebears which lies inherent in one of them, and this is suddenly brought to them by the birth of a babe distorted, crippled and horrible to gaze upon, then comes the ruin of all happiness in that family. Mutual recriminations, anger and cross-accusations are the result when a bone-diseased child with its

repulsive, misshapen little body holds up to the distracted parents the signs of the sins of one of its grandparents.

Much light has been shed lately upon bone diseases, the effects of inherited syphilis. At present we have to include many of the bone diseases of childhood which formerly went under different names, in the list of syphilitic diseases. The names formerly given to these many bone affections merely described the anatomical conditions of the bones and their coverings. These names did not give any clew to the causes.

As syphilis lowers the vitality of any organ or parts of the body, when the child in the womb is growing, any part of this fetus that is attacked by the inherited poisons is certain to be affected in its development. Frequently the bones are backward in development, or in some manner horribly distorted. We call these cases infantilism. They may be of greater or less extent and intensify.

The nose, next to the shafts of the long bones appears to be the bone most frequently attacked. As I have said, rickets is only a sign of syphilis of the bones. When the spinal bones are affected we have a most distressing exhibition of the curse of inherited syphilis. Distortion for life, open sores which increase under neglect of treatment; a pale, crying, un-

nourishable babe, whose death is far preferable to existence.

The bones of the hands may be wanting, or out of place, the skull may be so large as to make the diseased child a veritable monstrosity. And think of it, you who go to the side shows, many of the monstrosities, "curiosities," you pay to see, are only existing examples of some man's or woman's sin! Pay money to gaze upon the results of a human's filthy acts! Of course you have never realized these facts. If the public had known, these unfortunate cases of inherited syphilis would have been placed where they would be out of sight of the curious and morbid spectators.

"The Big-Headed Boy" is simply a case of hydrocephalus; syphilitic bone disease of the skull, which is distended with a watery fluid; hence the name. "The Leopard Boy" is only an unfortunate mulatto, or negro, who shows the leprous state of his ancestors. Have you ever thought that those fearfully distorted legs of waddling children, mostly seen in the negro, are only a manifestation of syphilis?

But the most frequent and earliest signs of inherited syphilis in the bones are seen in the inflammation of both cartilage and bones of the joints; especially the knee joint. Here the syphilitic poisons seem to fairly revel in their growth and destruction. The joints open up,

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pus, virulent pus, often exudes and offers a magnificent place for the germs of tuberculosis to enter and find work to do. These cases of swollen and later on, open joints, used to be called "scrofula disease"; which only meant that the doctors did not know what they were. At present they are known to be consumption of the bones, but the germs of consumption do not enter these joints until syphilis has opened house for them. The final result of these syphilitic joints is either amputation or healing up, this latter making an absolutely stiff and useless limb. But even in these cases it is only transferring the cause to another part of the body. Of course, I am speaking of the thousands, hundreds of thousands, of those cases which have not had or do not get, the treatment that later discoveries enable us to give. When any bone is attacked there is always danger of the general rotting away of the bone and the tissues surrounding it. When this occurs in the skull, then indeed is the child doomed. Better so. Such conditions have been called "necrosis" of the bone; but under the conditions we are dealing with, it should always be called syphilis of the bone.

Then we may have a late appearing proof of the inheritance of syphilis in the bones. This is most distressing, and under certain circumstances may be the immediate cause for the dis-

solution of a marriage. For in these cases, in spite of all treatment, the disease will break out in bone sores and ulcers from time to time.

I knew of a case of a charming young woman of twenty-three, who married, and four months after the wedding day was upon a water bed because a syphilitic ulcer had appeared upon her back, and soon the bones of the spine were being eaten away. There was positively no suspicion of her husband having infected her. Aside from the clinical evidence we had of the course of the disease, which proved it to be hereditary, we had the history of her grandfather dying from paresis; and the husband was scientifically overhauled, in spite of his insistence that he was, and always had been, free from syphilis. Of course he had had the gonorrhea, for he was one of those unfortunate young American youths whose father had allowed him to have all the spending money he wanted and thought this was the end of his parental duty.

A good girl, a hopeful bride and an innocent woman brought to a bed of misery and all the scandal of a divorce ever around her. Could you blame her? For she had to be quieted by morphine, and one day she took an overdose.

In most cases of hereditary bone troubles there is more or less pain. This is especially so where the disease has located in the long

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bones; the thigh, or lower leg bone. These pains in the child of five or eight years of age have too often been called "growing pains." There are no such pains as "growing pains." Pain is always a danger signal put out by nature as a call for help. If not immediately assisted in some mild and harmless way, nature tries to repair the damage that is causing the pain by sending an extra flow of blood to the spot; this blood in the healthy individual bringing the hosts of disease-devouring germs and thereby destroying the local poisons. But in syphilis, an extra flow of blood only means more of the syphilitic toxins, for so insistent upon being contrary to all the rules of innocent affections is syphilis, that no man can tell what is to happen next when once the venereal poisons commence to circulate. As a rule pains at night in the young child mean syphilis—inherited syphilis. If these pains come and go at irregular intervals, are rather mild at first and increase in intensity as the months go on, send at once for your physician. If he says that they are only "growing pains" dismiss him and secure a doctor who will be able to see the seriousness of the case. In some cases the pains will commence at once with great severity and cause the child to cry out in agony. You will not be liable to confuse these pains with those coming from some muscular strain

or bone bruise. In these cases you have the history of an accident or rough play, and the pains pass off gradually instead of increasing.

Convulsions of an epileptic nature in babies always look suspicious, and the hunt for some syphilitic inheritance should be commenced at once.

If your child meets with some form of accident or bruise which injures the flesh and this does not heal up under ordinary treatment and time, there is reason to again suspect syphilis. Frequently a bruise or injury is the starting point for the outbreak of the inheritance the child has been given, and then the bone will go on to decay. Especially is this liable to occur in the long bones.

A short time ago I witnessed at a country fair the crowds of curious women and girls going into a tent where was exhibited the "Half Giant-Half Boy—all for the sum of ten cents." This was merely a case of syphilitic gigantism. By this I mean that the disease had caused the lower portion of a boy ten years of age to grow to an immense size—repulsively enormous. The upper portion of his body was undeveloped even for a boy of ten years of age. We call this under-developed state, infantilism.

Had I stepped up and "Ballyhooed":
 "Ladies and young ladies;—follow me;—I will

take you to the halls of the syphilitics; pay careful attention and I will show you the pox-diseased harlots, their gigantic, poisoned babies, the rotting skulls of those whose fathers and grandfathers associated with whores. Come; it will cost you nothing; you shall see all, even to 'That great whore who sitteth on many waters!'"

How many would follow? Not one, but they would flee me as they would a rattlesnake.

Another symptom of syphilis is the fragility of bones. When a child's bones break at the least strain, when they are so brittle as to snap upon the casual accidents of childhood, then it is safe to say that in those bones lies the poison of inherited syphilis. A child's bones are supple, in early life they can scarcely be called bones, so cartilaginous are they in their structure. They are constructed to bend but not to break.

As syphilis develops unknown to parents and physician, when the child has reached eight or ten years there may be pains which resemble rheumatic pains. Generally the mother and her friends think they are neuralgic and the child is treated accordingly. Again, send for a doctor who knows something about the protean manifestations of hereditary syphilis. Of course the child may have rheumatism or neuralgia, but when these pains are located in the joints

it is a suspicious condition. And don't think that because they have lasted only a month or so and then, after several months reappear, that the trouble is another attack of "rheumatism." The irregularity and long intervals of the pains are symptomatic of inherited syphilis.

I have said that tuberculosis can never be driven from the land unless syphilis is taken hold of in the same thorough manner as has consumption. To ignore the question of syphilis is to repeat the ostrich-like attitude that too long has been the custom of this country. In this respect of the relation of syphilis to consumption I can do no better than to quote Dr. Robert Taylor:

"A thorough study of the lesions of hereditary syphilis in the bones and joints calls for the consideration of the probability of complicating tuberculous infection. In the very young syphilitic it is not uncommon to find tuberculous infection throughout the whole body or in a localized focus. These two infections, *syphilis* and *tuberculosis*, seem to go hand in hand together in their lethal course, and many observations have been made of tissues in which this symbiosis existed. It seems that syphilitic tissues form a prolific culture field for the bacillus of tuberculosis. So that in all cases we must be on the lookout for this second invasion. As in the very young, so in older life, particularly

when the lesions are chronic and persistent, and the nutrition is much impaired, we must always remember that this virulent tuberculous complication may have developed. A point of much practical importance is offered by a therapeutical test. If the lesions of the bones and joints or of other organs and tissues show a tendency to cure under antisyphilitic therapy, it is probable that the case is one of inherited syphilis. If, however, under antisyphilitic medication the case hitches or halts, it is well to look further and suspect tuberculosis."

Syphilis and gonorrhea and all their disastrous after-effects, being left uncontrolled and unrecognized by the federal government, is to have a great economic influence upon the masses; upon the bank and pocketbook of the man of the people.

This neglect of the government to conserve the health and lives of its citizens by paternal control—the only way these matters can be successfully handled—has caused the life insurance companies to commence a radical change in their methods of accepting risks. When there are hundreds of thousands of men, women and babies dying or becoming public wards through preventable venereal diseases, and these death risks are yearly piling up at a rapid rate, I think it is time to shout, "National murderer!" in the halls of Congress. Every pos-

sible way and means have been tried by doctors and magazines to call the attention of our legislators to the facts. But our men of Congress are too busy discussing the amount of appropriation necessary to dig out Hog River, or build a breakwater on some constituents' mill-ponds, to heed the cries of the afflicted and those who come after them. But business corporations do not wait for action on the part of our legislators to protect their legitimate interests—they must act for themselves.

If the cost of living is to go so high that living will finally become impossible and useless, on account of the want of intelligence in our legislative halls, the price of life insurance will soon be so high that no man—at least very few—will be able to pay a premium to assure any kind of competence for his family.

I think I have sufficiently pointed out the many and devious ways that syphilis takes, how it kills, how it cripples. While the federal government refuses to listen with any interest to what the doctors have been telling it the last two years, the insurance companies have demonstrated their intelligence and wisdom.

At the meeting last June of The American Association of Medical Examiners, the whole day's discussion and papers were confined to a symposium on "The Relation of Venereal Diseases to Life Expectancy." To life in-

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insurance companies this question of venereal diseases is becoming of great importance. In fact, it is the greatest problem they have ever had to solve.

Here we have a fatal disease, most fatal in all its ultimate windings, increasing at a very rapid rate throughout the country, unrecognized by the state authorities, uncontrolled by laws, untaught in schools and ignored by the church, and up to a year or so unknown in details in homes.

There is but one way the insurance companies can protect themselves, and that is by readjusting their old schedules of premiums and diseases. It is not necessary to go into details concerning the conditions they must meet; I think any reader has by this time realized the facts.

I believe these conditions will have to be met with hereafter by all applicants for life insurance: That it will be easier for a man or woman who is in the first stage of consumption and free from its frequent companion, syphilis, to get a life policy, than the healthiest appearing individual who is suspected of being infected with acquired or inherited syphilis. The gonorrheal conditions will also be taken into consideration, and in many cases the "well man" will find that his application is turned down.

It will be absolutely necessary for an insurance company to have reliable evidence that an applicant is entirely free from syphilitic poisons, inherited or otherwise. The companies will see that the applicant has been under a three years' course of treatment by a scientific physician; that for two years after the treatment he has had no recurrent symptoms. Even then, if the company accepts such a risk it will be at a high premium.

The conditions in such a case will keep the applicant waiting five years if he applies for a policy about the time he thinks the outward sign of his infection has disappeared. This will shorten the life expectancy which also brings up the price of the premium.

Again, there should be a clause regarding the owner of a policy deliberately entering into any place where contagious diseases of a virulent nature exist. Now, as it is well known that every prostitute at some time is actively infected with some virulent contagious disease, a man cohabiting with a prostitute makes his policy null and void. For the man had deliberately entered into a veritable plague spot; he allows himself to become poisoned with a disease whose death rate far exceeds any other disease, NOT excluding tuberculosis.

This is no mere idealism; these are facts.

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The insurance examiners will soon prove to the country all this and more.

Under the conditions existing in this country it looks, after all, as if the purely commercial enterprises were to do for the race that which church, school, family and state have not done or attempted to do—preserve the health and sanity of the American people and eliminate the slag from their melting pot.

In concluding my studies and opinions upon the venereal plague I wish to sum up in a few words the whole matter as I view it.

An attack of syphilis causes a constitutional breakup. No matter how efficient, how immediate the treatment, the human body and all its delicate structures have been shaken. The repair—the treatment—only covers the external portion of the human frame while the shattered and strained sensitive tissues still keep their scars, demonstrate their injuries, and are always in a state making perfect adjustment of the human mind and body impossible.

CHAPTER VIII

THE MENTAL AND PHYSICAL VALUE OF CONTINENCE

ASIDE from any moral or ethical ideals; apart from the risks to his own health from venereal diseases, there are the best possible reasons why a young man should be continent—live a life of purity in the sexual sense. I am speaking now to young men who wish to be young old men, and to fathers of all boys.

What I have to say is not preaching; neither do I intend to moralize. The youths have had enough of this sort of treatment, and I cannot blame them if it has had the effect of water on a duck's back.

Life progresses under certain definite laws; health is only obtained by knowing these laws in all their details and exceptions and guiding oneself accordingly. The laws controlling sexual indulgence or excesses have not heretofore been put to the young men of this country in a way that appeals to their reason and takes hold of their undisciplined minds.

It is the great value of continence to mental and physical vigor, to attainments in later life,

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that will appeal to all those who wish to win out in the battles of daily life; in the ring, on the football field, baseball diamond, in becoming experts at trades, the professions or business.

Much of the advice given to youths upon the matter of sexual indulgence and habits has been given by men and women who were not thoroughly versed in physiologic facts, and whose psychologic knowledge of sex variations and protean outbursts was not of a nature to impress their adolescent pupils. These teachers have not understood the cause for so much incontinence, nor have they been able to reach the young men and boys in ways that make for right PHYSICAL living.

There have been two opposing factors in this matter of right sexual living, and between them the youths have emerged either sneering at the moralist or laughing at the diffident teacher—too often a well-meaning woman.

This latter teacher never speaks directly because she does not know fully of what she speaks; that is, the psychic and sexual upheavals of the adolescent male cannot be understood by a woman; not even a good mother. In the education of these women and many men, the real facts regarding sexual development and its variants have always been suppressed.

Also, in the past young men have been misled by that false doctrine of the old school of physicians which hinted at the necessity of sexual intercourse to develop full manhood. Or, if there were no hints, silence upon the matter only made for a worse state of carelessness on the part of men.

I am of the opinion that this idea of sexual gratification being a hygienic necessity, rose from the excuses made by those whose lust controlled them. There were many such in times past, and so these men of lust attempted to exonerate themselves from censure by claiming a hygienic necessity. This was about the period that the old physicians of empiricism, the philosophers of library lore, and the disputing churchman were at constant warfare upon sexual relations. This period was followed by the period of silence which has reached over to our day, and many of the hoary ideas and statements of times past have hovered over and around our educational methods. The impression that the old men of lecherous minds left upon many physicians of the past decade, no longer stand for scientific facts.

That sexual intercourse is necessary for the full development of manhood, should no longer be taught. There was never a more injurious or erroneous impression conveyed to youths and boys. Continence, not incontinence is

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necessary to develop all the manhood in the growing male—man or animal. All breeders of stock know this fact and see that stallion and bull are brought to full sexual power and physical development by keeping them away from all females; even their surroundings and odors. For this latter secondary sexual characteristic subconsciously does much harm and is the cause for much inattention in the mixed high schools. Innocently and subconsciously, remember, but still it works injuriously to every adolescent youth who comes under its influence.

The intelligent breeder knows full well the value of reproductive powers which have not been weakened by sexual intercourse. Here again, we see that man acts wisely in everything but those physiologic laws which concern himself and children.

At present an opinion prevails among the laity that the frequent discharge of semen is absolutely necessary to the health of man. I want to emphatically impress upon the public the fact that science cannot indorse this impression. There is little if any physiologic reason for a basis for such an idea. Fortunately for our future men, experience has proved how injurious such an impression has been.

The scientific fact is, that the retention of the

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semen in the growing man makes for mental and physical power.

To-day is the day for the brain worker, be he artisan or scientist, artist or writer, banker or wholesaler. When men, as in the days of the Vikings, ate the roasted red flesh of stallions and drank the heavy mead at wassails throughout the long winters' nights, animalism was the natural result; and such a state invariably terminates in venereal excitement. But even in those days the man who cared for his physical and mental capital remained reasonably continent, and it is from these men we have the histories of glorious deeds and the stirring sagas. Moreover, no young Viking was allowed to indulge in sexual congress until he had grown to full manhood and demonstrated this vigorous state upon the battlefield or on the fighting deck of the ships.

The weakening effect of sexual indulgence has always been recognized by man. Savages of all times have isolated their youths at puberty and not allowed them to visit females until their manhood and physical powers have reached full growth. In what we are satisfied to call the civilization of the ancients, the injurious effects of early sexual indulgences were taught the youths. In this respect we can well call the ancients civilized, with much more reason than we can apply the name to ourselves. But at

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about the time Christianity became twisted and distorted from its real meaning, shame of God's laws passed into the household; and along with shame many sexual evils. Both are still with us, fattened and distended.

The weakening effect of sexual indulgence is well shown in a biblical story. The story of Samson and Delilah, if told in its true meaning, would have many a good effect upon the boy and cause him to think twice when his impulse was to go and demonstrate his manhood. If his Sunday-school teacher had plainly told him that the cause of Samson losing his powerful muscular strength was due to the caresses of Delilah; that she purposely sapped all his strength so as to be able to turn him over to her panders and his enemies, the boy might have a good start in understanding how to keep and increase his own muscular strength. Almost any boy will try to be a Samson; and knowing how this strong man lost his powers, such a boy will try to keep his. Let the Sunday-school teacher read and understand things right. For Samson's tresses read Delilah's caresses.

I know of a ring battle that was lost by the same kind of nasty work. The favorite was almost certain to win; much money had been wagered and all the sports and fight followers were clamoring for more bets. About three

days before the contest a beautiful young woman was surreptitiously sent into the favorite's camp. In spite of the watchfulness of the trainers this wily and scheming woman managed to meet the boxer. She returned to the camp of his opponent and reported her success and also the fact that she would meet the foolish young man the next night. Then the wise men who had employed this modern Delilah, commenced to place their money at good odds upon their man. He won out in the fourth round, greatly to the surprise of all the sporting world. Then they said that their champion had "gone back." Nothing of the kind. He had debilitated his forces by throwing away the source of those forces.

If I were a Sunday-school teacher, one of the first lessons I should implant in the boys' minds would be that of the weak Jews and their strong enemies who camped one night before the Jewish camp making sport of the slaughter to come the next day.

What did the wily wise men of the weak Jews advise? Simply the sending into the enemies' camp all the young and pretty Jewish maidens. So the battle fixed for the next day was postponed while the maidens depleted the strength and valor of their enemies. Several days this sapping of manly energy went on, and when the Jews thought the time had come they

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went over to the camp of their foes and slaughtered them right and left.

Boys and youths will understand and heed such truths told by a man who knows how to present the facts. Smug moralizing only makes for indifference and causes no uprising of the real significance of the value of continence.

It is a wrong and unscientific attitude to think that the seminal fluid should be forced from the body. Only dead and useless material like the urine, for example, should be voided. The retained life fluid, the semen, means strength, power, energy. The true scientific fact is that the FORCES which create semen are absorbed, or utilized, during sexual abstinence in the youth. This force and energy may then be applied in doing things worth while. It might be compared to the waters of a mighty stream, which, uncontrolled, goes on over the land in little, useless streamlets, finally sinking into bogs and swamps—a powerful energy, which if dammed and controlled may light a city, move its trolleys and keep going the wheels of factories.

So it is with the semen; it may be wasted, its powers scattered, and man become deprived of that energy which is his if he understands.

What we need in the public schools is a teacher of Conservation of Human Energy; instruction upon the dynamic forces of man

inherent in the sexual energy and output; and a man to show how this output and energy can be controlled so as to get all possible useful power from it. Turning out boys with absolutely no practical knowledge of this power and how to conserve it, is the coming curse of this country.

But after the boys have this knowledge and instruction how are we to keep their growing sexual activities in proper channels?

There are three strong guards against incontinence; three factors which gleefully aid in developing the youth into virile, uncontaminated manhood. One is the steady, regular exercise which has for its aim athletic prowess; its motive, sound health. The exercise should always be followed by a cold shower, winter and summer. The second guard against a tendency to incontinence is fit companions and environment. This includes reading, theaters and the absolute abstention from alcoholic drinks and all "tonics." Those injurious "bracers" sold at soda water fountains and which are advertised as "nerve restorers," "bracing the tired body," etc., should be let entirely alone. These all contain some form of cocoa leaves and that injurious stimulant the Kola nut. Many contain some form of the bromides. Never mind the pure food laws; the enforcement of these laws is a farce and

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the many ways around them are surprisingly devious.

The third and big guard for the youth is right instruction in sex hygiene and all that goes with this important subject. The truth, the scientific facts, must be told without any reservations. The great scientific truth which we have pulled out of the dense mass of misleading and erroneous statements to hold up in its untarnishable brightness, that continence for the young man makes for health, incontinence for early physical and mental decline, must be constantly taught.

The cause for the seminal losses at night is more frequently due to erotic suggestions during the day, and to attack the effects by medical means is a sign of ignorance. The cause, the erotic and salacious suggestions, are increasing among our youths.

It is due to our unnatural way of allowing public school youths and girls to foregather at the nickel shows, in the dark halls of the moving picture shows and to the prevalence of the sensational and scandal-mongering daily papers.

The increasing number of private schools for both boys and girls are an indication that in many quarters the evils which surround the unwatched boys and girls are being recognized. In these schools for boys, the physical training under watchful tutors, the association of clean

college-bred young men and the ambitions to "make the team," are all factors which make for continence and right youthful living.

Of course, not all who understand the value of continence will be able to control their sexual eruptions; but when such a youth is known by teachers he should be given such violent exercise that all the energy will be temporarily used up and thus one more link in his chain of control will be forged.

Take the examples of the athletes. While training such men their handlers fully understand the value of keeping the semen in the body. They know that a life of sexual purity is the only way to physical prowess. They may not know the real scientific reason, but that there is a beneficial effect upon nutrition—seen in the gain in weight—and that the nervous system and muscular system are put in the best condition, they do know.

So we should encourage all rough athletic sports among our youths. Rough in the sense of compelling constant training from fourteen to twenty-one years of age; boxing, wrestling, football, rowing and, best of all, the summer camps where boys and youths have to secure much of their food, tramp, carry loads and be free in the open; all of course under such tutelage and intellectual companionship as makes for right sex thinking and knowledge.

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Place no barrier, subjectively or objectively, against football. I have deep feeling in this matter, and say without reservation that a boy with a broken leg or smashed ribs from football has a far brighter outlook for future health and success in life than the coddled son of a mother who will not look physiological and sexual facts in the face and learn that physical expression of activity is the only healthy channel for the expenditure of energy—youthful and manly. If the expression of this energy is prevented along the lines of physical work it will break out somewhere else, and generally this will be along the lines of sexual acts which will leave scars and wounds that last through a miserable existence.

Admit there are a few young men killed in games. Without this sense of risk, without this force and energy in the contests, our youths could not be kept free from injurious sexual acts. They must be shown the reason for keeping continent, and the physical training and rivalries of football and other rough games keep the mind content to accept these reasons.

Then again, remember that these very few deaths among the thousands of football players are of such a low percentage as to make them negligible. These few deaths receive great publicity through the daily press. Suppose now, that the physicians could report the deaths

and worse than deaths of the thousands of youths who meet with "accidents" on the field where Venus Vulgivaga is their opponent; do you not think that mothers and fathers, teachers, would then encourage any line of true athletic sports, no matter how dangerous these sports might APPARENTLY appear? I think so.

Explosions of physical energy are simply the activity in proper channels of the power of seminal forces. As man grows beyond the period when this is no longer a physiological function, he becomes useless as a fighter, mentally or physically. But man can, by careful husbanding of this vital force long remain a complete and energetic man. If he has wasted this physiological force he becomes at forty-five years of age one of those disgusting shadows of a man too often seen.

If a man has been continent in his youth and early manhood he still remains a man at sixty-five and over. These latter men are the young-old men of endurance and mental activity and force; for the retention of the semen during youth and early manhood saves up force which later on prevents fatigue and greatly assists in the recuperative powers.

Man to-day is the most stupid and impractical animal that exists; that is, in the matter of preserving his physical vigor.

If a young man is left a fortune and imme-

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diately commences to spend the CAPITAL, all business men call him a fool and would not employ him in any responsible position. He would receive advice right and left to the effect that he must live on the interest of his capital if he wishes to avoid bankruptcy. A man who has succeeded in piling up millions will sneer at a man who is dissipating his capital. But this same millionaire may be searching the world for a physician who can give him back his physical fortune.

The business man who rebukes the spendthrift for throwing his capital is frequently the man who has thrown his physical capital into the arms and bodies of voracious harlots. With all his money he is simply a wreck of a man. He has no manhood left, is devoid of ideals and his visions of life are distorted. Frequently all that is left in such a man is the one abnormal passion for gold, for so depleted are his natural physical resources that there is nothing else left in his sordid body but this one passion—money. Ambition for better things, ethical impulses, charity, the shedding of love around those who depend upon him, desire to leave the world a little better for being on it, all these inner attributes of a complete man have been expelled from his mind with the wasting of his vital energies.

The youth should understand that until the

body has reached its complete development and sturdy manhood has been reached, the sexual act is one of the most powerful depressants to the growing nervous system that exist. That until full physiologic and psychic development has been reached and entered upon, incontinence robs him of force that he can never regain. Continence up to twenty-five years of age means full life up to sixty-five and beyond.

So powerful is the sexual impulse in its culmination that some insects die after the first act; and many stimulated, elderly men, die during the last.

There are other things, too, that the youth must have told him; such as that indulgence before complete growth has an effect upon the secondary sexual characters. These secondary sexual characters are the beard, muscles, hair, voice, and psychical forces. All these characters are affected in an injurious manner. Scanty beard, thin hair, throaty voice and flabby and small muscles, morbid and sometimes unnatural instincts, may all follow where the semen is lost from the body when it should remain to build up that body.

If you had only a certain amount of cement which must be used to complete a building strong in its original designs, and you took some of this cement to build a little out-house, you would be well aware that the build-

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ing was certain to be weak in its construction. Just where you would not know until it collapsed. Just so with the building material of the body, if you deprive it of one ounce of semen while it is in the process of growing, there will be an early collapse of that body; generally in the mind or nervous structures.

Look at the whole matter from a common-sense point of view: the only way to present it to boys and youths. The dog, the cock, kept for fighting purposes are all continent. Sexual intercourse is not allowed to these animals while they are being developed for their work. The stallion while his trotting period lasts is prevented from contact with mares. When these creatures have been fully developed, when the life force, the semen, has been allowed to fulfill its first mission of completing the powers that lie inherent in it, the stallion, the dog or cock is put to its legitimate use; the reproduction of its kind which will possess all the reserve force of its progenitor.

So should it be with man. Marriage is the proper sphere for both man and woman; but a marriage with a partially exhausted partner is a crime to the woman and her children. Such a man has never had his muscles or nervous system penetrated by all the full amount of seminal force that a husband and a father should be obliged to have.

A husband whose ambition soon peters out, a man whose life as he grows to middle age is retrogressive instead of progressive, is almost always a man who has thrown away his physical capital when a youth. Such men are a menace to the future progress of any nation. Through these kinds of fathers many a nation has gone under. And this nation has been careless in the training of its future fathers. And all this is because in boyhood there was not that plain instruction, true facts, scientific knowledge, imparted by teachers and parents, which would show the value of continence to the growing mind and body.

Tell your boys these facts: When the absorption of the seminal forces do not keep pace with the manufacture of semen, nature has an outlet. These night outlets are normal conditions in the healthy individuals. Instead of being a symptom of "lost manhood," as the quacks and charlatans would have you believe, they are in reality the symptoms of healthy MANHOOD. Of course these normal outlets may become too frequent, abnormal as any other function of body may become, but when they only occur once a week or so in the pure youth—pure in mind as well as in acts—such a youth should rejoice in his manhood and strength and throw all "quack litera-

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ture" and "lost manhood" advertisements into the fire.

Nature has laws all of which make for your perfect health—for a complete mental and physical development. Let her alone and she will bring you to perfect development; disregard her laws, suspect her of deceiving you, and you will be the worse for it. Man himself only can destroy his manhood, nature preserves it

All the doctors and their drugs could well be dispensed with if man would only understand the laws of nature and abide by them. Man needs no drugs to remedy what is his own doing; he needs a full sense of realization of his disobedience to the laws under which his body exists and develops. Man does need sympathy, kind words and appreciative companions, but medicines, objurgations, deception and false training all work to his moral and physical destruction.

Let your sexual powers remain untouched and allow nature to distribute them where they are needed and you will long remain a man of power, mentally or physically, whichever you were intended to be. We cannot all be mental aristocrats; some of us must be hewers of wood and carriers of water. But we all can be aristocrats in the lines given to us; if we are not it is our own fault, or the fault of our

forebears. Let us see that our children and grandchildren cannot impute their failures to our sins.

If you allow yourself to grow to full manhood with continence as a badge of strength you have fortified your powers against waste. This makes for long youth in years of life. A man of sixty-five should be in full possession of manly powers if he has not at eighteen or twenty-two years of age thrown away some of his needed building material. Nothing in the power of man can replace this loss. All appeals to physicians, quacks, stimulants, "electric belts," are useless.

THE END

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